

# Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

April 9, 2008

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## Summer Hire program open

*Teens can apply online through May 16 for blue, white collar jobs*

IMCOM-E news release

Know a teenager or young adult who needs a job during school break? If so, the Civilian Human Resources Agency Europe Region is accepting applications for the 2008 Summer Hire program.

Applications are being accepted until May 16 for jobs that last from June 23 to Aug. 1.

The program – which offers young people, ages 14-22, employment in locations throughout Europe – is designed to provide participants an opportunity to gain meaningful job experience; prepare them for future education and career goals; and to support the Army mission.

Job categories fall under either clerical, labor or child development areas. Examples of clerical work include typing, basic computer operation, filing, receptionist work, customer service and answering telephones. Child development involves childcare duties. And labor positions may include working indoors and outdoors, light to moderate lifting, or yard work. Salary is to be determined, but should not be less than \$5.14 per hour, said CHRA officials.

Requirements include:

■ Participants must be unmarried family members of an active-duty service member or Department of

Defense civilian.

■ Participants must turn 14 before June 23, which is the official start date of the program, and must not turn 23 prior to Aug. 1.

■ Participants employed in child development positions must be at least 16.

Those interested in applying for the Summer Hire 2008 Program must submit an automated Web application form.

Information on the program, including vacancy announcements and application instructions, are posted on the CHRA-Europe Website at <http://cpolrhp.belvoir.army.mil/eur/employment/index.htm>.

### Last Year's #s

U.S. Army Garrison Grafenwoehr's 2007 Summer Hire program had 243 applicants and 143 jobs. Because there were more applicants than jobs, the jobs were distributed by lottery:

USAG Graf 61	JMTC 6
USATMC 5	7th ARCOM 1
PSB 3	AFN 1
MEDDAC 2	Signal Bn 8
USAG Hohenfels 56	

2007 Jobs by category: 57 blue collar, 47 white collar, and 5 child care

## Live Like You Are Dying

*Local spouse, speaker gives advice in first book, donates royalties to military*

Story and photo by MARY MARKOS  
*Bavarian News*

Are you tired of being average? Grafenwoehr military spouse and former dean of education Nancy Gaskins poses that question to readers in her new book, "Live Like You Are Dying: How to Transform Your Life in 30 Days."

The book, the first in a series of 17 inspirational books that she will author, gives readers advice on how they can change their life to achieve their dreams.

And advice isn't the only thing Gaskins is giving. She announced March 24 that she will donate royalties from the book sales to the Landstuhl Fisher House, a thank-you for their help after her husband was wounded in Iraq.

Sgt. 1st Class Robert Gaskins, now with the Warrior Transition Unit, was seriously injured last year while deployed with Schweinfurt's 1st Infantry, 2nd Dagger Brigade (now 172nd Infantry Brigade).

Gaskins, who knew little about the Fisher House before her husband's injury, said the support she received from the staff and organization allowed her to focus on her husband's recovery.

"We were very, very lucky and satisfied," she said. "It is just a great organization. It just felt right for me to give back to Fisher House Landstuhl."

See **LOCAL SPOUSE** Page 20



Motivational speaker Nancy Gaskins is donating part of the royalties from her 17-book series aimed at helping military spouses.

## Battlemind Training helping Soldiers, families

by MARY MARKOS  
*Bavarian News*

For military families, the months following redeployment, or a Soldier's return home from Iraq, should be filled with love and laughter.

For too many, however, it is often marked with arguments, raised voices, and spouses wondering how they can reconnect with their loved ones.

The Vilseck Army Community Service offers a class for spouses and Soldiers that explains the communication issues and emotional challenges of reuniting, and how these challenges can be overcome.

The Walter Reed Army Institute of Research Land Combat Study Team developed Battlemind Training after studying Soldiers and Marines who deployed to Iraq and Afghanistan. The team observed common traits as the service members reintegrated back into life at home. The traits presented

See **TRANSITIONING** Page 20

## Youth sports programs have fields, seeking volunteers

USAG Grafenwoehr Public Affairs news release

"The Grafenwoehr community has a tremendous interest in youth sports, and Child and Youth Services (which operates under Morale, Welfare and Recreation) will continue to offer a diverse number of programs throughout the year," said CYS Director Dan Fraizer.

"For spring we are offering soccer, baseball, softball, and even track and field," he said. "We are signing up kids and the only reason we would not be able to field a team at this time would be because volunteer coaches are not available, which may be because of deployments."

Youth sports fields remain limited at this time, but it should not be an issue for the sports program this spring, according to Fraizer.

"If there is a critical need for additional sports fields because of the number of teams, we can request use of DoDDS-E or adult sports fields. We've never been denied the use of these fields when we've requested them as long as they are available," Fraizer said.

He does caution that some adult fields, such as softball fields, do not have the proper dimensions for youth programs.

"The adult softball fields are much bigger than what the youth play on and would require serious work to adapt for our play. That, and the fact that the youth baseball/softball season overlaps with the adult softball season, means that some of these fields are not a viable option," said Fraizer.

The future looks bright for youth sports, however. New fields will open in Netzaberg this summer and the addition of the 172nd Infantry Brigade personnel may also mean more coaching volunteers.

"Volunteer coaches are critical to the success of our programs and it is an extremely rewarding experience for the adults and children involved," Fraizer said. "If you are not sure about being a head

Dan Fraizer  
CYS Director

See **VOLUNTEERS** Page 20



Photo by Christine June

A child is never too young to learn that the joy of sport comes from participation.



# Q & A

## What was your most memorable April Fools joke?



**Suzi Pabler**  
(Katterbach)  
"I am planning one on the (local nationals)... It will tell them there are plans to build a rotating cantina tower where the theater used to be on Barton."

**Ron Kinney**  
(Katterbach)  
"I usually try and hide out from it."



**Yoshenobia Harris**  
(Ansbach)  
"I was in college and our team was playing LSU... My girlfriends told me Shaq O'Neil was going to (visit) the team. So, I got all dressed up for Shaq, ... looking like a fool."

**Jennifer Hansen**  
(Ansbach)  
"My freshman year in college, my boyfriend at the time hid my car."



**Jose Carlo**  
(Katterbach)  
"I helped stuff paper towels in one of our doctor's stethoscopes so he could not hear anything from our patients, then he took a hearing test and they found no problems."

**Ashley Button**  
(Ansbach)  
"I sent a formal letter to my college roommates that the dorm that we signed into for the next year was under construction and we (could) ...not live there."



**Adina Williamson**  
(Katterbach)  
"We poured salt, like a half a canister of it, in a friend's bottle of lemonade. Hey! He left it unattended."

**Sue Plummer**  
(Ansbach)  
"I had a friend who was on a hard-boiled egg diet and I replaced them with raw eggs. Imagine what happened when she went to crack the egg."



# Army post office working with USPS to halt magazine delays

Well, my team has already bowed out of March Madness. Still it's good to see how many mid-major teams are beating the big boys. No idea who will win it all but Kansas and North Carolina look tough.

I'll only address two topics this month because there is a lot of information to cover on both topics.

## School Registration

The 2008-2009 school year will be an exciting time with the closing of Grafenwoehr Middle School and the opening of Netzaberg's elementary and middle schools.

With three elementary schools, we have created new school districts and the schools will tell you which elementary school your child will attend.

Because of the larger than normal arrival of families to our community, the local schools have developed an enhanced registration program. Families should have received this information in a letter from the school. Below are the highlights:

**Registration Dates:** April 16-18 from 10



a.m. to 6 p.m.

**Location:** Representatives from all schools will be at the Vilseck Elementary on the April 16 and at the Grafenwoehr Middle School gym April 17. Each school will conduct their own registration on April 18.

## Bring the following:

- Sponsor orders listing the child's name as a dependent
- Sponsor I.D.
- Computerized vaccine administrative record (2766C)
- Student birth certificate and social security number
- Name and phone number of two emergency contacts
- Name, address, and phone number of permanent U.S. contact
- Previous school records/ previous school contact information (for new students)

There are additional vaccination needs for entrance into middle school. For more answer to questions, call the following numbers:

GES CIV 09641-837133

GMS CIV 09641-839500

NES CIV 09641-838946

VES CIV 09662-832812

VHS CIV 09662-832864

## Time Valued Publication Delays

Many of you may have noted that weekly publications like Army Times or Sports

Illustrated (known as Time Valued Publications) are delayed. I know in my case I received no Army Times for six weeks and then received five editions in one week.

The United States Postal Service has investigated and found out that TVPs are being mixed with standard mail delivered by surface mails containers. Of course this delays timely arrival.

The military postal service is working with USPS to correct the problem and ensure these are sent via air.

We are also ensuring quality control checks have been implemented at the New Jersey Processing Center to correct this problem.

If you have any concerns or other questions, call the postmaster at DSN 475-6333.

Based on the recent weather, I'm sure glad we didn't take the snow tires off our car. I guess that March did come in like a lamb and went out like a lion.

Be safe and thanks for helping me make this the best place to live and serve in Europe.

*Col. Brian T. Boyle*  
*Commander, U.S. Army*  
*Garrison Grafenwoehr*

# Consider options, consequences before divorce

dear ms.  
**vicki**



Dear Ms. Vicki:

My husband and I have been married for almost three years, and we have two kids together and I have one child from a previous relationship.

Well, where do I start? My husband enlisted in the Army at the end of '06. We only had two kids at that time and things were great, but then when he was in AIT, he just started blowing money, trying to impress his single friends.

We had a little over \$5,000 in income taxes and he spent \$2,000 and had nothing to show for it. He had told me he bought me a wedding ring and someone stole it, but I don't believe it.

He was out partying with his friend and now I find out he was drunk the entire time he was there. And now, when he gets paid, I have no idea where the money goes.

## Money matters

My friend told me to take his debit card from him, but I know he won't give it to me. Here lately, he's been lying to me about getting money from his parents. Our checking account and their account is in the same bank, and they transfer money into ours, say \$100 and then he gives them \$150 or more in return.

He hasn't even made the truck payment this month and it was due on the 4th. Ms. Vicki, I don't know what to do. We have our kids to think about and all he's thinking about is himself. Whenever I ask him where the money went, he says, "What, you think I'm spending it on myself?" He always turns it around on me and I'm really tired of it. But, I don't have any income coming in myself, so I don't know what I'm supposed to do.

## Family advice

My family tells me to leave him, that I need to rely on myself, but they've never really liked him anyways. And to top it all off, we have a new baby (all boys) and he won't do anything with him. He'd rather wrestle our 1 1/2-year-old to sleep than hold the baby.

The baby was in the hospital on oxygen and an IV and that was the first time he did anything with him since he was born. I'm at my wit's end.

There's a lot more, but I figured I'd deal with one problem at a time.

Ms. Vicki, will you please help me. I'm on the verge of divorce, and my husband doesn't even know it.

From Out of My Mind

.....

Dear Out of My Mind:

Don't file for divorce yet!

I think there are many unanswered questions. From your report and the tone of your letter I can tell that you are very stressed. I would be, too, if I were in your situation. And I would do the following:

You must have a heart-to-heart conversation with your husband. A conversation where you are talking "to" him not "at" him. Only use "I" statements, like, "I feel", "I need" or "when I married you I expected."

## Going deaf

See where I'm going? If you start off with "you this" and "you that" you will only alienate him from the conversation and he won't hear a thing.

Bottom line: he needs to know that the marriage is not working for you because of the way he is choosing to run his financial affairs. Research shows financial troubles will ruin a marriage quickly.

Secondly, solicit the help from a trusted male family member who could give your husband some insight and wisdom about being a good father and husband. It could be a father, uncle, close friend, or other relative. It could also be a pastor or other clergy member.

Thirdly, I would suggest some couples communication classes offered by your local ACS. The class could provide much help with your marriage.

**When he gets paid, I have no idea where the money goes... Here lately, he's been lying to me about getting money from his parents... My family tells me to leave him, that I need to rely on myself... I'm on the verge of divorce, and my husband doesn't even know it.**

Out of My Mind

yourself and your children. Keep in touch.

Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. If you have a question you'd like to ask Ms. Vicki, e-mail [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com).

# Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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Setting the Record Straight

# Garrison Grafenwoehr responds to S&S articles, gives readers rest of story

USAG Grafenwoehr Public Affairs

The March 24<sup>th</sup> edition of the European Stars & Stripes carried two stories based on interviews with German citizens that raised allegations of improprieties in the process of how the U.S. Army got approval for several projects, including the Netzaberg Housing Area, as well as alleging harmful environmental practices and health concerns in regard to lead in the soil and radium and radium in the drinking water.

The stories gave a lot of space to the allegations, but provided almost nothing from German or American officials, although the reporter had received information from at least the U.S. Army Garrison Grafenwoehr officials for this article and previously for other articles that addressed lead and radium.

In regard to the health concerns brought up in the articles, these are issues that U.S. and German officials were aware of long ago. They have been solved, and we believe there is no cause for anyone to be concerned about living or working at Grafenwoehr or Netzaberg.

USAG Grafenwoehr believes you should have the rest of the story and this is what we have provided below. Each of the major issues will be addressed below, including the development process, lead in the soil, lead at Netzaberg, and radium/radon in the drinking water:

## The Development Process

More than seven years ago, U.S. Army Europe began to study the need for relocating tactical units to its major training area, Grafenwoehr. It makes sense in terms of access to the training area and reduction in costs to move units from their home station to the training site and back home.

Eventually, the U.S. Army defined the requirements for facilities, i.e., motorpools, barracks, schools, commissary, PX, and family housing. Once these requirements were approved from the Army and Department of Defense leadership, we began the process of obtaining approvals from the German government at the federal, state, county, and local levels. This was required under the Status of Forces Agreement between the United States and the Federal Republic of Germany.

The design and construction of the project you see on Grafenwoehr, the barracks, the PX/commissary, the motorpools, etc. was performed by an official agency of the German government.

The agency, commonly referred to as the Baudienststelle, took our requirements, fully coordinated them with all other official parties like the Forestry Office and the Water Protection Board, as well as local governments like the county and cities, and then awarded construction projects and oversaw the work.

When complete, the projects were turned over to the U.S. Army for use. The process to review project designs is well established in the German legal system and allows for input not only from official agencies, but from citizens as well.

We have no reason to believe that the process was not followed for our projects. Certainly U.S. officials were intimately involved and provided much information and answered many questions.

It is also a fact that the private investors who built the Netzaberg Housing Area for the U.S. Army presented information on the layout and design of the project at public meetings and before city officials of Eschenbach on more than one occasion, and it was carefully reviewed.

While the citizen from the Green Party may not feel that proper review and notification procedures were followed, this is not a matter for the U.S. Forces to comment on. We followed the process required by the elected and appointed officials we dealt with.

## Lead in the Soil and Construction Projects

The Green Party representative is quoted as saying there are “enormous” levels of lead in the soil at Netzaberg. We believe the use of the word “enormous” is an exaggeration.

Lead is a naturally occurring element in the Earth.

Higher or lower levels are present in the soil throughout this region, including areas within the Grafenwoehr Training Area. The soil at Netzaberg was tested as part of the process of planning for the development of the housing area.

Some locations had higher than desired levels of lead either from natural concentrations, or from previous use of part of the site for a car race track. Soil from these areas was removed and stockpiled at a temporary location within the training area that had similar lead levels.

Some of the soil stored on the training area will be used as base material under the new motorpools now under construction. However, it will be mixed with cement which will create a hard, dense product, and the compacted soil will be topped with concrete paving. This method, approved by German officials, will prevent lead in the soil from migrating to the groundwater.

This is not new technology, it is a proven method of reusing a slightly contaminated material in an environmentally friendly way. The rest of the stored material will be used to restore land in the training area, but only at places agreed upon by German officials, and only in locations where the local soil contains similar lead concentrations.

Some of the contaminated soil from Netzaberg sites was used in the construction of the road from Netzaberg to the main post. However, this soil was treated in the same way as described above.

That is, it was treated with cement to harden it and lock in the lead, placed only in certain areas, and is completely covered by pavement so that lead cannot be leached into the ground water.

The articles also express concern over “taking the contaminated soil into the training area.” We would like to point out that parts of the training area were included in a protected zone called Flora and Fauna Habitat, or FFH.

However, the location of the motorpools was not part of this protected area. Any work, including that performed on training ranges, inside the FFH, is subject to more extensive review and restriction than areas outside the FFH, but still on the Grafenwoehr Training Area.

This is an important distinction between what can be done in different parts of the post.

The Green Party spokesperson also speaks to the “use of demolition waste in an on-post ‘washing plant’.” It is not clear as to what is meant by this statement. However, it could be a reference to the method we used to treat soil contaminated with oil products which is sometimes found at various construction sites.

Past practices by both the German and U.S. Forces going back several decades caused oil and fuel to sometimes leak into the ground. As we excavate soil for foundations and basements on new projects and discover this pollution, the soil is tested, and if necessary, removed to a holding site near Gate 6 where we have a concrete base and oil-water separators.

There the soil is examined and segregated according to the type and amount of pollution. From this holding site, contaminated soil is removed to various final treatment sites approved by German officials.

It is official German policy to reuse construction demolition products, like broken concrete, at the site of new construction where possible. Old asphalt or concrete from buildings which are demolished is crushed, sorted, and used as base material under new motorpools or roads.

It is protected from rainwater so nothing can get washed into the groundwater. It is much better to do this than haul the materials to a landfill and cover it with dirt. The construction methods used for projects on post conform to the same requirements any other construction site in Germany for disposal of hazardous materials.

In fact, the Baudienststelle and the management firm hired by the Netzaberg investors are on the sites daily and ensure contractors are using proper methods for disposal and construction.

## Lead at the Netzaberg Housing Area

As mentioned above, it was known early on that lead was present in some areas where housing would be constructed. Higher



Photo by Katie Cowart

**During construction of the Netzaberg Housing Area, the U.S. Army Center for Health Promotion and Preventative Medicine in Europe sent a team to test the soil for lead.**

concentrations of lead were found only in a few areas. Most parts of the site had very low levels.

During the planning phase of the housing project, the investors worked with German officials to develop a soil management plan.

This plan determined environmentally safe ways to deal with the discovered lead problems. Some of the soil was removed to the holding site on the training area. Other places, the soil was covered up with roads, parking areas, and green space. A lot of topsoil was brought in a covered up native soil. All of these methods had the purpose of creating a barrier between the natural soil and human contact.

Before houses are turned over to the United States, the surface layer of the soil is tested at each and every house and garden area, as well as at playgrounds. A certificate is available for each house with the results of the tests.

The German limits, which are stricter than U.S. limits for playgrounds, are not more than 200 parts per million for playgrounds and 400 parts per million for area around the houses (same standard as in the United States).

If the soil does not meet the stringent lead level requirements, the investor’s contractor must fix the problem by removing the topsoil and replacing it. So far, all tests have shown the areas to be safe. This is a credit to the contractor and the management firm who oversees construction on how carefully they pay attention to this matter.

## Radium and Radon in the Drinking Water

Netzaberg receives part of its water supply from City of Eschenbach wells, and part comes from a new well system located about two kilometers from the housing area. This new well system belongs to the City of Eschenbach also.

Radium and radon are naturally occurring elements in the Earth. In higher concentrations, they can cause health concerns, and they are present in the water from the new well.

This was known from the beginning of the project and treatment methods for the water to remove these elements were designed into the project. The water from the well goes through a treatment system to remove these elements before it is put into the public water system.

The treated water has been monitored and tested by both the German health agencies and the U.S. Army’s Center for Health Promotion and Preventive Medicine-Europe. Over 150 different substances are checked.

The treated water at Netzaberg passes all tests and meets or exceeds both German and U.S. drinking water standards. We have received a copy of the approval letter from the County of Neustadt to the City of Eschenbach granting approval to use the water for public consumption.

Residents of Netzaberg have the same assurance of high quality water as any other resident of the area, off-post or on-post and

the same or better water quality as you would find at any major city or military installation in the United States. The water will be sampled and tested periodically to ensure it is safe to drink.

## Noise Pollution

Grafenwoehr Training Area exists to train U.S. and Allied Soldiers for their mission to defend freedom. That training creates noise.

The U.S. Army has agreed to some restrictions on training in accordance with the Status of Forces Agreement. Firing weapons late at night is strictly controlled and any exceptions are coordinated and agreed to by German authorities in advance.

The U.S. Army is greatly concerned with encroaching development adjacent to the training area that might further limit effective training of Soldiers.

We feel that, just as our German neighbors have the right to review projects on post for impact on the community, the U.S. Army should be involved through the appropriate German authorities, with review of developing land uses near the training area. This is an area of ongoing partnership and coordination.

## Environmental Sustainability

This is an area where we agree, in part, with the representatives cited in the articles. All of us are concerned about the environment. But we differ on what that means.

The U.S. Army has gone to great lengths to protect the environment on the training area. Millions of dollars have been spent on projects to rehabilitate sites and training areas. The result is one of the best nature preserves in Germany, if not Europe.

The flora and fauna diversity in the training area is excellent. The movements of Soldiers affects relatively a small percentage of the land, and the plants and animals have adapted to the disturbances and noise. The most sensitive natural habitats are off-limits to training.

Preserving the training area in a manner that allows training to continue for many years into the future is a major goal of the U.S. Army. Grafenwoehr Training Area and the U.S. and German officials responsible for environmental program were recognized as winners of the Army’s Best Environmental Program in 2007.

This article has attempted to assure the Soldiers, civilians, and family members that live and work on the Grafenwoehr Training Area and nearby communities that the commander and staff of the U.S. Army Garrison Grafenwoehr are proactive in ensuring the health and safety of everyone.

We take any allegations of health and safety seriously and will look into situations brought to our attention. In this case, these issues have been known from early on, solutions have been planned and implemented by and/or under the direction of the appropriate German authorities, and we believe there are no outstanding issues.

The Stars & Stripes article should have presented the rest of the story, but it didn’t. We hope this article will put worries at rest.



# Fashion show raises \$1,200 for prom, VHS Student 2 Student

Story and photo by MARY MARKOS  
Bavarian News

Vilseck High School students debuted the Army and Air Force Exchange’s spring line during a March 27 fashion show to raise money for the Student 2 Student Club and the junior-senior prom.

Organized by the S2S Club, the event raised \$1,200, two-thirds of which will be used to support next month’s junior-senior prom.

“S2S is an organization that helps students transitioning to different places,” said the group’s president, John Lee. “We make it easier for students when they come to this school so they won’t feel new anymore.”

With 21 active members, the club began preparing for the fashion show in December and plans to use the funds to integrate students into the community.

“When we find out a new student is here, an S2S member takes them around and buddies up with them for the day,” explained Vice President Ally Barnett. “They show them around the school and they help them meet new friends and figure their way around to their classes, so that they are not so lost and confused.”

Lee hopes the funds raised will allow S2S member to take new students to surrounding communities as part of their transition. A sophomore at VHS, Lee took such a trip when he moved to Vilseck last summer.

“The biggest thing for me was the trip at the beginning of the year,” he said. “There were

some S2S members that approached us and they helped us feel better about being new and just made being in a new school easier.”

Barnett, now a junior, experienced a smooth transition two years ago through an S2S member and the Internet.

“The school that I went to in the States kind of hooked up with the school here,” she said. “I actually got to e-mail back and forth with one of the S2S members. Hopefully that is something we would like to get going in our school, too, where we can e-mail the students that are coming in.”

The fashion show proceeds will also help the club as they prepare to help transition students who are moving into the community as part of the 172<sup>nd</sup> Infantry Brigade’s (formerly the 2<sup>nd</sup> Dagger Brigade Combat Team) relocation from Schweinfurt to Grafenwoehr.

“I think it is a cool, unique idea that we can raise money that is not like the typical fundraiser,” said Barnett.

The fashion show was held in the multi-purpose room at the high school. Tickets to the show included dinner donated by the junior class and a stand-up comedy routine by senior Khiry Taylor.


A variety of clothing styles was displayed during the show, and students modeled clothes to fit their personalities.

“We (did) not regulate what clothes they wanted to wear,” Lee said. “Every student has their own style, and we just want to let them show that off.”



Models showcase AAFES new spring clothing line during the S2S sponsored fashion show March 27 at Vilseck High School.

## Spotlight on Education



**Name:** Peggy Perks

**What grade / subject do you teach?** First grade, this year

**Hometown:** Eschenbach, Germany. Just kidding! Newark, Del.

**How long have you been a teacher?** 30 years

**What do you like best about teaching?** I love seeing children learn to read and how excited they are when they realize that they can read. Most of them say their moms taught them to read.

**What advice can you give students to help them succeed in school?** Ask your parents to read aloud to you everyday, even on the weekends. It will improve your reading and what is better than having the undivided attention of your parents!



## BATTLE READY

Vilseck Elementary School Principal Nancy Hammack dressed in battle gear and prepared to march around the school singing the Red Hot Readers cadence after it was announced at a school assembly that the children met their “Read to Iraq and Back” goal of 404,520 minutes read.

Photo by Mary Markos

# Grafenwoehr, Vilseck schools win Odyssey of Mind competitions

by MARY MARKOS  
Bavarian News

On the morning of March 28, 15 students from Grafenwoehr and Vilseck elementary schools boarded a bus amidst a cheering crowd of family and friends.

Whether they returned with a trophy or a T-shirt, classmates and faculty viewed them as winners of an academic competition that required five months of planning and labor, and forced them to think outside of the box.

Department of Defense Dependent Schools held its Odyssey of the Mind European tournament in Bad Kissingen, Germany, March 29.

Eighty teams and more than 500 children from Germany, Spain, England, Belgium, and Italy converged on the spa town for an academic battle that resulted in two trophies for the U.S. Army Garrison Grafenwoehr schools.

The three-man Grafenwoehr Elementary School “Road Rally” team was awarded second place for the car they built from scratch, while the Vilseck Elementary School “DinoStories Team” took home a third place trophy for their theory on how dinosaurs became extinct.

The 30-year-old competition presented six problems to school children ranging from first through twelfth grade in October of last year. Teams with up to eight members selected a problem and then had to work together to find creative, humorous, and unique answers without assistance from teachers, parents, or friends.

“They have a problem that they have to solve,” explained GES OoTM coach Cathy McConnell. “Every student on the team needs to learn cooperation with each other... they rely on each other’s ingenuity and creativity to solve the problem.”

“There are stipulations to solving the problem

and you get judged on creativity, how they put the objects together technically, and then if they truly did solve the problem.”

For VES OoTM coach Victorian Hennion, letting go was the hardest part of the process.

“The coach has to totally let go,” she said. “The kids have to do it themselves. They have to come up with the ideas... saw and cut everything, and come up with the play.”

Whether creating a seven-foot dinosaur or a car that will perform sports tricks, the teams must rely on each other and work together to create a play that is humorous and solves the problem. The play, as well as a spontaneous problem solving session was judged the day of the competition.

McConnell, who served as a judge in the past, appreciated the hard work and team building she experienced as a coach.

“The working together is really a big thing... it is a critical skill. The teams really came together. I’m proud of them,” she said.

Fourth-grader and GES Road Rally team member Adam Myers valued the lessons learned from working as a team.



“I learned that teamwork is very important, and don’t try to get in each other’s way or you’ll totally mess up,” said Myers.

Fourth-grader Spencer Andrus, GES, learned a different lesson.

“I learned that winning doesn’t matter... at least you’re having fun,” he said.

The competition, according to McConnell, is unique in that it allows children to have fun and be competitive on a non-sporting level.

“It is one of the very few competitions where elementary kids can get that competitive spirit that is academic,” she said. “Everybody cheers for everybody else... the atmosphere is just like a sports one full of cheering and excitement and team spirit.”



## 2008-2009 SCHOOL REGISTRATION


### Vilseck-Graf Complex Schools

# GES, VES, NES, GMS/NMS, VHS

**FOR: All New and Currently Enrolled K-12 Students for SY 08-09**  
**DATE: 16-18 APRIL 2008** **TIME: 1000-1800**  
School is in session on the 16<sup>th</sup> and 17<sup>th</sup>. The 18<sup>th</sup> is Parent/Teacher Conference Day  
**Representatives from ALL Schools will be at VES on the 16<sup>th</sup>.**  
**Representatives from ALL schools will be at the GMS gym on the 17<sup>th</sup>.**  
**Schools will host their own registration on the 18<sup>th</sup>.**

**PLEASE BRING THE FOLLOWING DOCUMENTS TO REGISTRATION:**



- Sponsor's Orders listing child's name as a dependent
- Sponsor I.D. (Civilians and Contractors)
- Computerized Vaccine Admin. Record (2766C)
- Students Birth Certificate and Social Security Number
- Name and Phone Number of 2 Emergency Contacts
- Name, Address and Phone Number of a Permanent US Contact
- Previous School Records/Previous School Contact Information (New Students)



**ADDITIONAL INFORMATION:**

In addition to the basic series for admission into school (DPT/O-IPV/HepB/MMR/Varicella), the following documentation is required for entrance into Middle School:

Tdap-1 dose at age 11  
Hepatitis A- 2 doses required beginning at age 11.  
Second dose is given 6 months after the first.  
Meningococcal (MCV 4) – 1 dose at age 11-12 years  
Varicella boosters are recommended, not yet required



**CONTACT INFORMATION:**  
GES 09641-837133 VES 09662-832812 NES 09641-8338946  
GMS 09641-839500 VHS 09662-832864



# Instructor receives highest Red Cross award

by KRISTIN BRADLEY  
Bavarian News

Kristin Jacobs-Schmid, School Age Services director and Red Cross volunteer instructor, was recently awarded the American Red Cross Certificate of Merit for her actions last fall that saved the life of fellow Hohenfels community member Brandy Cook.

The award, the highest given to an individual or team of individuals who saves or sustains life by using skills and knowledge learned in a Red Cross health and safety course, carries the approval and signature of Red Cross Honorary Chairman George W. Bush.



Jacobs-Schmid

Sept. 19 both Jacobs-Schmid and Cook were eating at the Gasthof Schoell in Hoernannsdorf when a piece of food became stuck in Cook's throat, rendering her incapable of breathing or swallowing. She immediately began banging on her table, which alerted Jacobs-Schmid who, seated at another table facing Cook, could see she was in distress.

According to Cook, Jacobs-Schmid pushed her husband (who had his back to Cook) out of the way, rushed across the dining room and immediately started administering abdominal thrusts.

"Brandy did the right thing," said Jacobs-Schmid, referring to Cook's banging on the table to draw attention to herself.

Cook, who has asthma, is used to feeling short of breath but said "when you can't get any air in at all it is way worse [than asthma]...you see me chewing my food a lot more now!"

Maryl Neff, assistant station manager at

Hohenfels' Red Cross station, said that Jacobs-Schmid "really is a phenomenal instructor. Knowing that she exhibited grace under pressure and acted so quickly to save Brandy's life doesn't surprise me at all. Brandy is lucky that they just happened to be in the same restaurant that night."

"No one did anything. If we hadn't have been there, I don't know what would have happened," said Bradley Schmid, Kristin's husband.

Cook agrees.

"I thought about that all the way home," she said.

Jacobs-Schmid first became a Red Cross health and safety instructor more than 15 years ago. She said that having a child, as well as being in a profession that benefits from the training, drove her to become a Red Cross CPR and First Aid-certified instructor.

"To have a person from Hohenfels save someone's life using her Red Cross training

speaks volumes to me about the importance of the training. The fact that it was one of our own instructors really accents that for me," said Neff. "Kristin's just that kind of person, smart and quick on her feet, and we're lucky to have her as a long-time Red Cross instructor."

Jacobs-Schmid has spent 28 hours teaching Red Cross CPR, First Aid, and Babysitter's Training courses since June.

"If you only use it once it makes a difference. It's a basic skill everyone should have," she said.

The Certificate of Merit began in 1911 with the first recipient receiving an award in 1912. The tradition of the award carrying the signature of the President of the United States began in 1913 with William Howard Taft, who had also been elected President of the American Red Cross. President Taft passed on the honorary Red Cross Chairmanship to his successor Woodrow Wilson and the tradition has continued ever since.

## Girl Scouts project helps lost pets find their way home

Story and photo by KRISTIN BRADLEY  
Bavarian News

Tens of thousands of American pets each year are reunited with their owners thanks to radiofrequency identification chips. The chip, inserted just under the skin of the pet, can be read by a scanner which will match the identification number on the chip to the owner's contact information.

Unfortunately, it doesn't always work that easily for Americans and their pets stationed in Germany. If a lost pet is picked up and taken to a German animal shelter, the chip may not be read or shelter staff may have to drive the animal to Hohenfels to use the vet clinic's scanner. German scanners are not compatible with most of the microchips in American pets.

Thanks to two Junior Girl Scouts, one area shelter will no longer have that problem. Katelynn Hunter and Briana Bufford used the money they raised selling Girl Scout cookies to purchase a chip scanner they donated to the Neumarkt animal shelter.

Maj. Boris Brglez, officer in charge of the Hohenfels vet clinic, said the gesture will go a long way towards showing the community Hohenfels cares about its pets.

In combination with the clinic's annual pet week, the Girl Scouts hosted a pet show March

29 where the entry fee was a pet food item.

The girls were in the commissary the previous week soliciting donations for pet food and all food and money raised will be donated to the Neumarkt animal shelter along with the scanner.

Brglez said the girls took their tasks very seriously, meeting with him in January to begin planning.

"They came up with the pet show, the food drive, and willingly gave up their cookie money to get the scanner," he said. Brglez made the girls aware of the Neumarkt animal shelter's need for an American scanner and the girls did the rest.

Twelve-year-old Katelynn Hunter and Briana Bufford planned the pet day and donation of the scanner as part of their Bronze Award service project. The highest honor a Junior Girl Scout can earn involves, among other things, planning a service project which takes at least 15 hours to complete. For their project, Hunter and Bufford decided they wanted to focus on helping animals.

"I am an animal lover," said Hunter. "We both are animal lovers. I would have donated my whole savings for it."

Brglez said he was more than pleased with how the project turned out and would be happy to make the event annual.



Briana Bufford (center) and Katelynn Hunter (right), along with Hailey Hunter (left), prepare donated pet food items for transport to the Neumarkt animal shelter. The girls also purchased and donated a chip scanner to the shelter.

## Second POV shipment No. 1 issue during AFAP conference

by KRISTIN BRADLEY  
Bavarian News

Last month, more than eighty people met for the two-day Army Family Action Plan conference to discuss the concerns of Hohenfels community members.

Each and every issue submitted by community members into the AFAP boxes that were around post from Feb. 1 to March 7 was addressed. Delegates were broken into four workgroups who discussed topics grouped by subject, with subject matter experts on hand to answer any specific questions.

Below is a summary of the top five conference issues. For a complete list of all issues, visit [www.hohenfels.army.mil](http://www.hohenfels.army.mil).

### Issue 1

The Army currently does not pay for the shipment of a second privately owned vehicle for accompanied overseas assignments, though increased security requirements, logistical demands of the family, and spousal

employment/volunteerism result in most families needing two cars.

A second POV would increase family involvement in Force Protection measures (private vs. public transportation), reduce financial hardship, and enhance morale.

**Recommendation:** Fund 50 percent of total cost for shipping a second POV for accompanied overseas tours.

### Issue 2

Currently the Grafenwoehr, Vilseck, and Hohenfels communities do not have a full time civil service pediatrician assigned to serve the entire area.

Additionally, the commander of the USAG Hohenfels clinic, who is a pediatrician, will be departing in June 2008 leaving the entire beneficiary area without any civil service or uniformed pediatricians.

As we have an expanding patient population in the area, a full time civil service pediatrician, not a U.S. Army doctor who would be subject to deployment, is required to provide

more immediate access to care.

This pediatrician would serve as a shared resource for the beneficiary community, providing regularly scheduled periods of care at each of the Grafenwoehr, Vilseck, and Hohenfels clinics to allow for each community to make appointments.

**Recommendation:** Hire full time civil service pediatrician to provide immediate access to care for the beneficiary community.

### Issue 3

TKS customers are unaware of their contract rights upon deployment or during a permanent change of station. Currently, customers are being informed by TKS employees that they are to continue payments on their existing contract while deployed.

Customers are also told they must pay the remainder of their contract when they PCS. However, according to an AAFES subject matter expert, when you deploy your contract is suspended until you return as long as services are not used, and when you PCS the contract is terminated with

no additional charges.

**Recommendation:** Post a sign in a visible location inside the TKS shop written in English containing the customer's rights concerning their contract when receiving orders for a deployment or PCS.

TKS personnel are required to verbally explain the policy when starting service. In addition, the customer signs a statement stating that a TKS representative has verbally explained the cancellation policy. The customer retains a copy for their records.

### Issue 4

Hohenfels has three Community Bank ATMs and one Service Credit Union ATM. The current ATM locations are inconvenient for transitioning Soldiers who have limited transportation. Bldg. 10 has become a high traffic location due to the centralizing of community services.

**Recommendation:** Install a 24-hour access or drive-up ATM at Bldg. 10.

### Issue 5

Currently, upon PCS to overseas

locations, spouses of active duty service members receive military spousal preference regardless of previous employment status, but MSP is not available in the United States for all spouses, leaving many spouses at a disadvantage to compete for DoD positions. A majority of spouses of active duty service members cannot hold a career due to frequent PCS.

**Recommendation:** Military spouses of active duty service members should have priority for DoD positions located in the continental United States and outside the continental U.S.

April 4, the AFAP steering committee met and went over all issues, not just the top five, and determined if each was attainable, unattainable, in process, or outside the jurisdiction of the garrison and needs to be passed up to the Installation Management Command-Europe level AFAP conference.

The top five issues that can not be handled locally will be passed up to the IMCOM conference set for May 12-16.

## MWR eliminates need for designated driver with buses to nearby cities

by KRISTIN BRADLEY  
Bavarian News

On the weekends, Hohenfels often witnesses a mass exodus of community members to Nuremberg, Regensburg, and other surrounding communities in search of something to do. Finding parking in the city is never fun and once there, people usually stay out late and end up too tired or with one beer too many by the time they need to drive home.

Americans in Europe are constantly reminded about the need

for designated drivers, and rightfully so, but John Kolpack, business manager for Hohenfels Morale, Welfare, and Recreation, thinks there is an even better way.

"Instead of 30 cars running up and down the autobahn, maybe they can get together and get a bus," he said.

Now, after a few months of planning and research, members of the Hohenfels community can do just that. MWR recently began offering a service which allows community members to rent a bus to take them to Nuremberg and back any night of the week.

The bus, either 50-, 25- or 9-passenger, would leave post at 8 p.m., drop passengers off at up to five pre-selected locations, and pick passengers back up at 3 a.m.

Kolpack said taking the bus is better than going by car or train. Everyone is together, you don't have to have a designated driver that drives home tired, and the train doesn't take you to your exact location, he said.

He did concede that price may be the only downside. A 50-passenger bus costs \$850, a 25-passenger bus is \$760 and 9-passenger mini-bus is

\$665. While \$850 split between 50 people comes out to only \$17 each, the bus must be paid in full 72 hours in advance and a 50-passenger bus costs the same whether there are 50 or 30 people riding.

Kolpack said he spent a lot of time looking into different bus companies for the lowest price, but all were about the same.

"Unfortunately the buses are kind of expensive, and as the dollar drops and gas goes up it just gets worse," he said.

He also stressed that the goal of the program is not to make money for

MWR, but to provide a service for the community.

The service is for the entire community, not just those who want to go out on the weekends.

"We can get a bus to take you almost anywhere in Europe and back, not just Nuremberg," he said. It would be great for units or family readiness groups that want to take a trip without the hassle of arranging drivers, he said.

To make reservations, call the Community Activities Center at DSN 466-2670/2840 or CIV 09472-83-2670/2840.



# 527th MP Company deploys to Afghanistan

by KRISTIN BRADLEY  
Bavarian News

The 527th Military Police Company stationed in Hohenfels, Grafenwoehr, and Ansbach have deployed to Afghanistan for an expected 15-month tour.

“We are ready to go. We have accomplished all our training objectives. Motivation levels are high; we are ready to go, emotionally and mentally,” said Capt. Michael Capps, company commander.

1st Lt. Doug Bryant said the company will be stationed at four different forward operating bases, separated by platoon and, in some cases, by squad. Each FOB has a unique mission; some company members will be performing physical security details for high-level personnel, some will be training and performing joint missions with Afghan police.

Capps said while it is not the norm for deployed companies to be so separated, the situation is becoming more and more common for military police units.

He said that being separated here in Germany (Headquarters and Headquarters Company and 1st platoon are stationed at Hohenfels, 2nd platoon in Ansbach and 3rd platoon in Grafenwoehr) is like a training situation in itself, though they also had to be more creative when designing their training scenarios.

Each squad trained not only on their planned mission, but on the missions of other squads as well.

“Sometimes it [mission assignments] changes when you get downrange and we want squads to be able to accomplish whatever is handed to them,” Capps said.

The Soldiers are not the only ones forced to get creative to adjust to a separated company. Brandy Evans, Family Readiness Group co-leader, said having families scattered between three geographically distant posts is a challenge.

“This is my third deployment in five years, so unfortunately I’m pretty used to that, but this is a new experience for me doing different locations,” she said.

Evans said she and fellow co-leader Michaela Oakes, who is also stationed here in Hohenfels, try to split up the responsibilities and have a point of contact leader at each post to make communication with members easier.



Photo by Sgt. Micheal Butts

A Soldier from the 527th MP Company uses his .50 caliber machine gun during a convoy live fire exercise in Grafenwoehr in February. The company left in late March for a 15-month deployment in Afghanistan.

To help family members through the 15-month deployment, the FRG plans to get the entire group together every other month at a central location; the event for May will be held at the Nuremberg Zoo.

Other activities are planned such as a spouse boot camp run by the rear detachment in July to help spouses get a better idea of what their

deployed Soldier does.

Evans said her best advice for spouses is to “stay busy.”

“It’s not easy, I’m not gonna lie, but get involved. You’re in Germany; go and do stuff. The worst thing you can do is sit at home,” she said.

Though FRGs do a lot of work with the family

members of deployed Soldiers, not all Soldiers are married, and Evans said she will make sure to take care of them too.

The group will be getting together to compile one large care package per month for each platoon with materials to cover each Soldier, especially those without spouses here to send them supplies.

## Hohenfels training shot wins Army photographer honorable mention



Photo by Staff Sgt. Adam Mancini

Soldiers from 44th Signal Battalion conduct pre-deployment training in Hohenfels.

Staff Sgt. Adam Mancini received an honorable mention for this photo in the 2007 Military Photographer of the Year competition in the Combat Documentation category. The competition is open to enlisted active duty, reserve, and National Guard personnel of all the armed services.

Mancini is assigned to the 42-member Viper Team which consists of visual information specialists who document training through still photos and video in order to enhance the training unit After Action Review process. Through combat documentation, Vipers offer units the ability to see themselves conducting operations in real time.

**Look for the Bavarian News online at [www.milcom.de](http://www.milcom.de)**

## Enslen receives 2007 Army-level MacArthur Leadership Award

by Sgt. AIMEE MILLHAM and  
Spc. SEAN C. FINCH  
U.S. Army Europe Public Affairs Office

Capt. Daniel C. Enslen from the Operations Group, Joint Multinational Readiness Center, was one of two U.S. Army Europe officers named as recipients of the Department of the Army-level 2007 General Douglas MacArthur Leadership Award.

The two captains had been named USAREUR-level MacArthur award winners in late February following their selection from a group of 11 nominees representing approximately 3,700 eligible officers in USAREUR. Each was recommended by his or her command for the award, then selected by a panel of senior leaders.

Capt. Garrett G. Stotz, JMRC Operations Group was one of the eleven nominated for the USAREUR level of the awards.

In his remarks at the USAREUR-level ceremony in February, Gen. David D. McKiernan, USAREUR commanding general, praised the caliber of all the nominees.

“It is people like this who make our Army have the strongest leadership it has ever had,” the general said.

“I know that you are all probably thinking, ‘There are officers who deserve this just as much as I do,’ and maybe there are,” McKiernan added. “But you are here because you have earned it — don’t forget that — and you deserve to be recognized for your efforts.”

“When I first heard that my name had been recommended and nominated, I was shocked. It had never been about the recognition; it is about taking care of your mission and your Soldiers,” said Enslen. “While I say that, (the award) has definitely renewed my zest for the job, and it is

nice for someone to notice when you put all of yourself into something, I don’t expect a constant pat on the back every day, but days like today say to me that someone took note and appreciated something I did.”

Capt. Daniel P. Kearney, commander of Bravo Company, 2nd Battalion (Airborne), 503rd Infantry, based in Italy, was the other

USAREUR officer selected from among 28 winners Army wide.

The annual award was created by the General Douglas MacArthur Foundation in 1987 to honor company-grade and junior warrant officers who embody MacArthur’s ideals of “Duty, Honor, Country” and have proven records of performance, leadership, and achievement.



Photo by Spc. Sean C. Finch

Gen. David D. McKiernan, U.S. Army, Europe commanding general (right), presents the USAREUR-level General Douglas MacArthur Leadership Award to Capt. Daniel C. Enslen from the JMRC Operations Group in a ceremony in Heidelberg, Germany, Feb. 26. Enslen went on to win the Department of the Army-level award.



## Did You Know?

## The history behind the hundreds of iron rings on Garmisch buildings

*This is the second in a series on Garmisch's Best Kept Secrets.*

**Story and photos by JOHN REESE**  
*Bavarian News*

Artillery Kaserne in Garmisch dates back to a groundbreaking ceremony September 25, 1935, when it was first established for the Wehrmacht.

Since then, the buildings have been extensively modified over 73 years to install and upgrade offices, shops, and warehouses.

Yet a feature remains that frequently generates curiosity—hundreds of iron rings on the walls of the buildings.

The rings are waist-high and evenly spaced about the distance of a person with extended arms. Other than one eagle statue adorning the corner entrance of a building, the Spartan aesthetics of the original kaserne are proof that the German army of the 1930's had little interest in decorating buildings. So why the rings?

On October 1, 1936, Mountain Regiment 99 and 4<sup>th</sup> Battery, Mountain Artillery Regiment 69 were transferred to the new kaserne and renamed the Gebirgs Artillery Regiment 79.

In 1937 the kaserne was named Krafft von Dellmensingen to honor the creator of the elite Deutsche Alpenkorps. Born in 1862, General von Dellmensingen had combined snow shoe battalions together in May, 1915 to form the mountain corps.

A highly decorated general, he served in World War One, commanding the 2<sup>nd</sup> Bavarian Corps during the last spring offensive and the final defensive battles of 1918.

He lived to see the kaserne named for him and the battles of World War Two, passing away in 1953. His legacy, the mountain jagers, brought thousands of horses and mules with them to Garmisch.

To accommodate these pack animals, thousands of hitching ports were built into the interior and exterior walls of KvD Kaserne.

At the outbreak of World War II, the German army was essentially still a horse or mule-drawn combat force. Hundreds of thousands of pack animals were used by Germany throughout the war, and the sure-footed mules were reliable transportation for dangerous mountain duty.

Because of the war, KvD was not realized for its intended use as the headquarters for the First Mountain Division, instead serving out the war as reserve and training center, an army hospital, and a rehabilitation station for wounded soldiers.

After the war under the U.S. Army it continued as a hospital, POW camp, and refugee housing area. The arrival of the motorized Americans in 1945 ended the pack animal era at

KvD, so much so that in 1957 the kaserne became a U.S. Army vehicle repair facility, reclaiming and refinishing vehicles from across Europe for the U.S. and NATO allies.

A recent survey counted 454 surviving external ring ports visible on post, only two of them missing rings. There are more rings and ports hidden by modern machinery, storage additions, plastered over, and inside of buildings used for shops or storage. Bldg. 202 with shops below and offices above, has 102 external rings, the most of any building on post despite the addition of many large bay doors and other significant modifications.

The combined PX/commissary complex comes in second with 100 rings. The kaserne post office has 38 rings remaining between walls of glass blocks. One externally unmodified building in the back of the kaserne offers the best evidence of how many horses and mules could be tied outside of a single standard building with an evenly spaced 64 rings. Assuming an identical number indoors, each building could hitch about 128 animals.

Curiously, the garrison headquarters

building, once a stable according to a plaque inside, has no surviving rings.

The last reported use of the rings for their original purpose was supposedly by mounted Politzei on occasional visits to post in the 1960s, possibly as late as the early 1970s. The closest usage today is an occasional bicycle hitched to a ring instead of a bike rack.

In 1975, 30 years after the end of the war, the First Mountain Division finally moved their headquarters to Krafft von Dellmensingen, sans horses and mules, staying until 1990 before shifting south across the Loisach River to Sheridan Kaserne; four years later they left Garmisch for good as part of a Bundeswehr realignment, moving north to Munich.

Not long afterwards the post became known simply as Artillery Kaserne. Today the soldiers of the Gebirgsmusikkorps, the First Mountain Division's band, are the only remaining German troops.

The only evidence to be seen of the thousands of pack animals now are the hitching rings. Horses and mules aren't standard issue any more, although the U.S. Army currently employs some for ceremonial use and in the mountains of Afghanistan.

Scenic carriage rides and a few grazing horses in the fields south of the garrison are the only other signs of what was once the primary means of military and civilian transportation in the shadows of Germany's highest peaks.

The last time horses were seen on Artillery Kaserne was for sleigh rides at the Christmas tree lighting ceremony in 2006. No word on the mules.



*Courtesy photo*

**Mule wagons on KvD Kaserne in 1937.**



**To accommodate pack animals, thousands of hitching ports were built along the interior and exterior of buildings on what was previously KvD Kaserne.**



**Rings between later glass walls on the post office building. A recent survey counted 454 surviving external ring ports visible on post, only two of them missing rings.**

In Garmisch, if it's Wednesday, it's *got* to be 'Wonderful'

**by JOHN REESE**  
*Bavarian News*

Wonderful Wednesday, a program teaching skiing and snowboarding skills to the children of USAG-Garmisch, concluded March 19 in a boisterous gathering at the Hausberg Lodge following a final day of racing.

A total of 92 kids participated in 2008 program, ranging from kindergarten through eighth grade with the youngest skier at five to the oldest at 14. All of the children completed the series of ski and snowboarding lessons.

"Nobody quit mid-program, everyone went through, tired or not they kept going," said Lawrence Tindall, Youth Sports Director for Garmisch. "This was a combined effort by the garrison family Morale, Welfare and Recreation, and the PTA. Outdoor Recreation is in partnership with us for the equipment, and we contracted the Edelweiss Lodge and Resort for the instructors."

#### More than sport

The program teaches more than winter sports, said Tindall. The children also learn about teamwork and cooperation while developing a life-long skill.

"Wonderful Wednesday is a great opportunity for the children of the Department of Defense school in Garmisch to gain an appreciation for the alpine environment, an understanding of some of the snow sports we do here, and to learn a valuable athletic activity, which is skiing," said instructor Hank Garza.

"The kids here have embraced it. We have a wonderful core of officer instructors insuring that the children learn how to ski safely and properly," said Garza. "It's a wonderful program, the best one I've ever encountered."

Fourth-grader Rohan Moise, finishing his third year in the program,

said he'd probably ski for the rest of his life.

"I liked the jumps and the slopes, but the bad thing was the slopes were bad because there wasn't enough snow, only on a few days," said 9-year-old Moise.

#### Stormy weather

The mild winter made conditions less than perfect, with one class out of the 10 weeks cancelled due to stormy weather.

"We cancelled it so no one would get stuck on a lift because of the high winds," said Tindall. "We've had much better snow, but this year was better than last year!"

Despite the usual abundance of snow, it wasn't such a bad season, said instructor Jan Denikiewicz.

"We had good conditions from the start. We had one cancellation due to rain and high winds. We had very few injuries, no serious injuries whatsoever, and we had a lot more first-time skiers taking part than in years past, said Denikiewicz. "It was a lot of fun. Everyone had a good time, instructors included."

Most of the parents were quite surprised when they saw the improvement in their child's skiing on the last day, said Steve Gauthier, FMWR Director, adding it is the comment he hears most about the program.

"A lot of the parents don't see their kid's improvement every week, and a lot of the parents don't ski when they put their kids into this program," said Gauthier. "The parents went up today for the races and saw their kids ski, and they're just amazed, saying 'I can't believe how well they ski, how much they've improved and developed skiing techniques.' There are some kids who are really, really good."

Parent Marie Crownover watched her daughter Amanda race and agreed.



*Photo by Jan Denikiewicz*

**The advanced skiers and their instructors pose against the breathtaking backdrop of the German Alps.**

"I can't believe I gave birth to this child, because she was good!" said Crownover. "I thought she was very cautious, but without mom there she's great!"

#### Funding the fun

Wonderful Wednesday is a program unique to Garmisch in that the children of the garrison are taught on the Hausberg, a world-class Alpine ski resort overlooking the Olympic Ice Stadium and ski jump.

To offset the costs, the PTA did a hike-a-thon last November, but the parents all agreed to put the money back into the program.

"The tough thing about programs like this are they're very costly to put on, and we strive very hard every year not to put burden on the parents," said Gauthier. "With tight funding strings these days, funding becomes more critical each year, so we get a little bit more creative in how we're going to fund this, to keep that cost as low as possible to allow participation."

Eighth-grader Erin Riley, who first participated in Wonderful Wednesday as a kindergartener when her family was stationed here in 1999, offered advice to those considering taking part in the 2009 program.

"I learned a lot of things, but I

especially liked learning to turn on my edges. I have a lot better form and look better. Also, I learned how to the techniques to race better and get a faster time," said Riley.

"I recommend you're in a level where you feel comfortable and you're with people you get along with; also, make sure you listen to your instructor because what they have to say is very good—they've been here awhile," she said. "Just try your hardest and have fun because that's what it's all about."

Next season's Wonderful Wednesday begins on the second Wednesday of January 2009.



# What’s Happening

## Grafenwoehr/ Vilseck Briefs

### General Officer Announcement

The Army chief of staff announced the assignment of the following general officers:

Brig. Gen. William L. Mayville Jr., deputy director, J-5, U.S. European Command, Germany, to, deputy commanding general, 82d Airborne Division, Fort Bragg, N.C.

Brig. Gen. Stephen R. Lanza, deputy commanding general, V Corps, U.S. Army Europe and Seventh Army, Germany, to deputy chief of staff, G-3, U.S. Army Europe and Seventh Army, Germany.

Brig. Gen. David G. Perkins, deputy chief of staff, G-3, U.S. Army Europe and Seventh Army, Germany to deputy chief of staff for strategic effects, Multi-National Force-Iraq, Operation Iraqi Freedom, Iraq.

### National health care decisions day April 16

Do you have a living will? If so, bring a copy to the Grafenwoehr Health Clinic April 16 9 a.m.-3 p.m. Health clinic staff will scan the document into your medical records for access around the world.

No living will? No problem! Come by the Grafenwoehr Health Clinic and speak to JAG about getting one. JAG will have a booth in the health clinic conference room to answer questions regarding living wills, health care powers of attorney, and advanced medical directives.

### Community Town Hall meets

The quarterly Community Town Hall, co-hosted by Grafenwoehr Garrison and JMTC leadership, will be held April 16 at the Grafenwoehr Middle School Gym at 6 p.m. They will be joined by garrison program directors who will update community members on programs, construction, activities and events of interest. All Soldiers, DoD civilians, and family members are urged to attend. It is an ideal forum to voice concerns and make a difference in your community. This Town Hall is closed to media participation.

### Military Life Consultants

The Department of Defense has contracted to provide professional staff for non-medical counseling to service members and their families. Issues that can be addressed include: marriage and relationship issues, stress and anxiety, depression, grief and loss, child behavior issues, and daily life issues.

The services are free and no records are kept. Call CIV 0152-029-34290 or CIV 0173-184-7209 for more information or to make an appointment.

### 2008 Summer Enrichment

DoDDS-Europe will be offering Summer Enrichment to Space Required K-8th-grade students June 23-July 18. This is not a remedial program. The four-week, 9 a.m.-noon Language Arts and Math Enrichment Program will be

offered in the following areas of the Bavaria School District: Ansbach, Bamberg, Hohenfels, Stuttgart, Schweinfurt, and Vilseck. The school sites will be determined later.

Transportation and lunch will not be provided. There is an attendance policy included on the application. Applications are due no later than April 16. Contact local schools for more information.

### Estates claims

Anyone having claims on or obligations to the estate of Staff Sgt. Joseph D. Gamboa of 1st Squadron, 2SCR should contact the following summary court martial officer, 1st Lt. Sarah S. Noyes at DSN 475-9104 or e-mail [sarah.s.noyes@us.army.mil](mailto:sarah.s.noyes@us.army.mil).

Anyone having claims on or obligations to the estates of Spc. Steven I. Candelo of 1st Squadron, 2SCR should contact the following summary court martial officer, 1st Lt. Terry Graham at DSN 475-8006.

Anyone having claims on or obligations to the estate of Cpl. Joshua A. Molina of 1st Squadron, 2SCR should contact the following summary court martial officer, Capt. Audie A. Cavazos at DSN 475-8387 or e-mail [audie.cavazos@eur.army.mil](mailto:audie.cavazos@eur.army.mil).

## Hohenfels Briefs

### Upcoming Bands

Tuesday: The alternative rock band (Christian) Hollowell, 7 p.m. in the CAC, Bldg. 40. For more information, check out Hollowell’s website at [www.hollowellmusic.com](http://www.hollowellmusic.com).

### Hallo Hohenfels

Monday-April 18: It’s just around the corner and there is still room for you this month! This week-long information extravaganza, presented monthly, is designed to orient newly arrived spouses. Free childcare is offered when you pre-enroll in this workshop. Contact Precilla Tolbert, Relocation Readiness program manager, at DSN 466-2084 for more information.

### Community Softball Teams

FMWR Sports is looking for Coaches and players for our upcoming community softball season. Stop by the fitness center, Bldg. 47 and sign up or contact Bill Craven at DSN 466-2868 or Chris Cornelison at DSN 466-2493. Practices will begin in April so sign up today. All skill levels welcome!

### Hohenfels Spring Bazaar

April 25-27: The Hohenfels Community Activities Center, Bldg. 40, will feature more than 20 of Europe’s finest vendors selling cheese, rugs, wine, jewelry, art, furniture, clocks, and much more.

Opening Hours:

April 25: 11 a.m. to 7 p.m.

April 26: 10 a.m. to 7 p.m.

April 27: 11 a.m. to 5 p.m.

### CAC Bus Trip

April 19: Prague Day Trip and City Tour. See the city featured in recent movies, including “Mission Impossible.” The city tour will show you the Charles Bridge, the Astronomical Clock and many more famous sights. Find out why Prague is known as the “Jewel of Europe.” During your free time in this beautiful city, you can wander through the markets in all the major squares. Cost \$40/Adult, \$20/Child (ages 3-12). Departs Hohenfels at 6 a.m.

### Tax Time BINGO at the CAC

April 18: Come join the fun April 18 starting at 6:30 p.m. BINGO packets are \$25 sold prior to 3 p.m. and \$30 sold at the door. Changes to current BINGO: all U-PICK EM BINGOS now pay 60 percent of sales prize, all U-PICK EM BINGOS will pay \$150 if the BINGO is on nine numbers or less, and Jackpot Game now pays \$300 if BINGO is on 48 numbers or less. MY DEAL prizes will always include extra Junior Jackpot and Jackpot cards.

### Family Fun Friday Nights

April 18: Drive-In Movie night will be our salute to the good ol’ days. We will introduce the children to the concept of a drive-in movie theater. The children will construct cars and drive them to the theater for our feature film.

### Turnbull Memorial Library

Celebrate April’s National Poetry Month with the following events:

Monday and April 21: Poetry Alive is a performance poetry workshop for ages 12 and up from 2:30-4:30 p.m.

April 24: Dead Poets Poetry Slam for ages 14 and up and Open Mike Night open to all ages from 6-8 p.m.

### Arts and crafts center classes

Basic Quilting Saturday: Even if you have no sewing experience you can learn this classic art with all the modern twists. \$10 class fee plus supplies. Purchase and wash your material before coming to class. 9 a.m. to 1 p.m.

Beginning Crochet April 19: Class fee is \$10 plus supplies. Bring your own hooks and yarn if you have them. 10 a.m. to 1 p.m.

### CPR, First Aid classes

Saturday: First Aid in Vilseck

April 26: CPR & First Aid in Hohenfels

Call the Hohenfels office at DSN 476-1760 for more information or stop by Bldg. 335 to reserve your slot and pay for any of these classes.

### Hiking to the Café Kuhstall

Saturday: Come and join the KONTAKT Club Hohenfels for their hiking with torches to the Café Kuhstall. The event starts at 4 p.m. in Raitenbuch at the Backhäusle.

Cost for this event will be 10 euro and includes one torch, two drinks, and Gulaschsuppe. For more information and reservation call Christina Wilson at DSN 466-4294.

## Ansbach Briefs

### Celebrating military children

In honor of April being the Month of the Military Child, MWR hosts numerous events to celebrate military children.

■ Today — Bike rodeo, 10 a.m. to 1 p.m., at the Longbow Lounge in Storck Barracks.

■ Thursday — Bike rodeo, 10 a.m. to 1 p.m., at Ansbach High School.

■ Saturday — Free trip to Geiselwind Amusement Park. Space is limited. Departs Katterbach Youth Services at 8 a.m. and Illesheim YS at 9 a.m. Sign up at Central Enrollment Registration.

■ Monday-April 18 — Robotics Week at the middle school and teen centers. Teens will explore robotics and technology all week.

For more information on any of these activities, call school age services at DSN 467-2632 or CIV 09802-83-2632 on Katterbach, or DSN 467-4733 or CIV 09841-83-4773 in Illesheim.

### Paintball tourneys

The Katterbach Kanyon paintball facility host two tournaments as part of its 2008 season. The first tournament is Saturday and the second is May 31. Cost for team registration is \$175. Teams will vie to be the best of the season with trophies awarded to the top three teams.

The tournament is open to people ages 14 and older. Minors younger than 18 must have a waiver completed by their parents on the day of play.

To register or get more information, call outdoor recreation at DSN 467-3225 or CIV 09802-83-3225.

### Influence COLA

Community members have a chance to influence their Cost of Living Allowance benefits during the annual overseas housing utility and move-in expenses survey for service members in Germany through April 17.

Let the government know what they spend by living in Germany by pointing their Web browsers to the survey at <https://www.perdiem.osd.mil/oha/survey/maroha.html>.

Family members of uniformed military members are encouraged to fill out the survey if their loved one in uniform is deployed or unavailable to do so.

### No more walk-ins

The Illesheim Immunization Clinic no longer accepts walk-ins. Appointments should be made through the receptionist at DSN 467-5119 or CIV 09841-83-4512.

### Family workshop

Morale, Welfare and Recreation hosts a family workshop titled Habits of Highly Effective Army Families April 29-30 from noon to 4 p.m. at the Von Steuben Community Center.

The workshop will offer topics like learning the inside-out approach to problem solving, anticipating all the phases of deployment, building and rebuilding relationships of trust and love at home and with extended family, abandoning unhealthy behaviors, building family traditions, unity and nurturing family culture and learning practical skills for dealing with financial issues.

For more information on or to register for this free workshop, call DSN 467-2531 or 09802-83-2531.

### Scholarship opportunity

The Ansbach Spouses and Civilians Club’s scholarship applications for 2008 are available. This year, ASCC anticipates awarding \$6,000 in scholarships to students.

All scholarship funds must be applied towards costs in pursuing education at a regionally-accredited college, university or technical school for 2008-09.

The scholarship application packet includes an information sheet specifying eligibility requirements, Privacy Act Statement, the scholarship application form, three forms for letters of recommendations, and an assessment sheet.

The applicant’s name, status, rank of the applicant’s sponsor and location of residence will remain unknown to members of the committee.

Applications are due by May 15.

To request a scholarship application, or for more information, contact Nicole Stickney at CIV 09826-655-656 or send an e-mail to [nicolestickney@yahoo.com](mailto:nicolestickney@yahoo.com).

## Schweinfurt Briefs

### Bulk trash pick-up

Bulk trash will be collected in on-post and leased housing areas April 22. Bulk items are those that are too large to fit into your vehicle, and are not recyclables. Items should be placed at regular pick-up locations no later than 7 a.m., but no sooner than the night before. For more information, contact the Schweinfurt SORT coordinator at DSN 354-6201 or CIV 09721-96-6201.

### Child actors wanted

Missoula Children’s Theater is visiting Schweinfurt next week to recruit children kindergarten through twelfth-grade for a local performance of Robin Hood April 19. Auditions will take place at Askren Manor’s School Age Services Monday at 4 p.m. and rehearsal will take place Tuesday through April 18. No experience necessary. For more information, call Garland Travis at CIV 0162-296-2776.

### Retiree appreciation day

The USAG Schweinfurt will host a Retiree Appreciation Day Saturday from 8 a.m. to 2 p.m. at the Personnel Transition Assistance Center, Bldg. 40 on Conn Barracks. This event is a one-stop shop for retirees with finance or DEERS enrollment questions, those needing ID card updates, as well as retirees seeking basic dental or medical check-ups.

### Spring enhancement deadline

The deadline for ordering spring enhancement supplies from the DPW Self Help Issue Point is Monday. Call DSN 354-6853 or 350-7212; or CIV 09721-96-6853 or 0931-889-7212 for more information.

### Free concert at Finney

Rap and entertainment sensation Twista will perform at the Finney Fitness Center April 16 at 7 p.m. This Morale, Welfare & Recreation-sponsored event is open to the community.

### Take back the night

April is Sexual Assault Prevention Month, and the Schweinfurt Sexual Assault Prevention & Response Program will host a “Take Back the Night” walk beginning at the Schweinfurt commissary April 23 at 6 p.m.. Show your support for awareness and sexual violence prevention by joining your friends and neighbors in this vigil.

### Prayer breakfast

The Schweinfurt Chaplain’s office will host a National Prayer Breakfast at the Conn Club April 17 starting at 7 a.m. The community is invited to attend. For more information, call DSN 354-1570 or CIV 09721-96-1570.

## Grafenwoehr Elementary Zones

2008-2009 school year zoning

Grafenwoehr ES	Netzaberg ES	Vilseck ES
Altenstadt	Erbendorf	Auerbach
Gmund/Hutten	Eschenbach	Fitzthum
Grafenwoehr City	Kastl	Freihung
Grafenwoehr on post	Kemnath	Hahnbach
Neunkirchen	Kulmain	Kaltenbrunn
Rothenstadt	Netzaberg	Mantel
Schwarzenbach	Pressath	Schlicht/Sorghof
Weiden (area 1)		Steinfels
Weiden (area 2)		Vilseck City
		Vilseck on post
		Weierhammer

■ **Questions? Call your school.**

Wanted: Lifesavers. No experience necessary.  
Benefits: Cookies, juice and a feeling you just can't beat.



Vilseck Community Blood Drive

Sponsored by 2 SCR

Friday, April 11, 9 a.m.-4:30 p.m.

Bldg. 616, Rose Barracks, Memorial Fitness Center

Invite your co-workers, friends, spouses to SAVE A LIFE!



# Sightseeing *on a* Shoestring

*Pound for  
British pound,  
London  
visitors don't  
have to break  
the bank*

Story and photos by JODI WARD  
Contributing writer

Living abroad provides each and every one of us the unique opportunity to travel, but the thought of traveling to London, where the dollar yields only half of a British pound, can put a damper on travel plans. Fear not! You can see and experience the best that London has to offer without breaking the bank.

As a matter of fact, some of the best London experiences are completely free. Try these favorites:

Walking is one of the best (and least expensive) ways to experience a new city, especially London, where cab fares are quite pricey. If walking isn't for you, buy a day pass or a pre-paid Oyster Card and ride the London Underground, also known as "the tube."

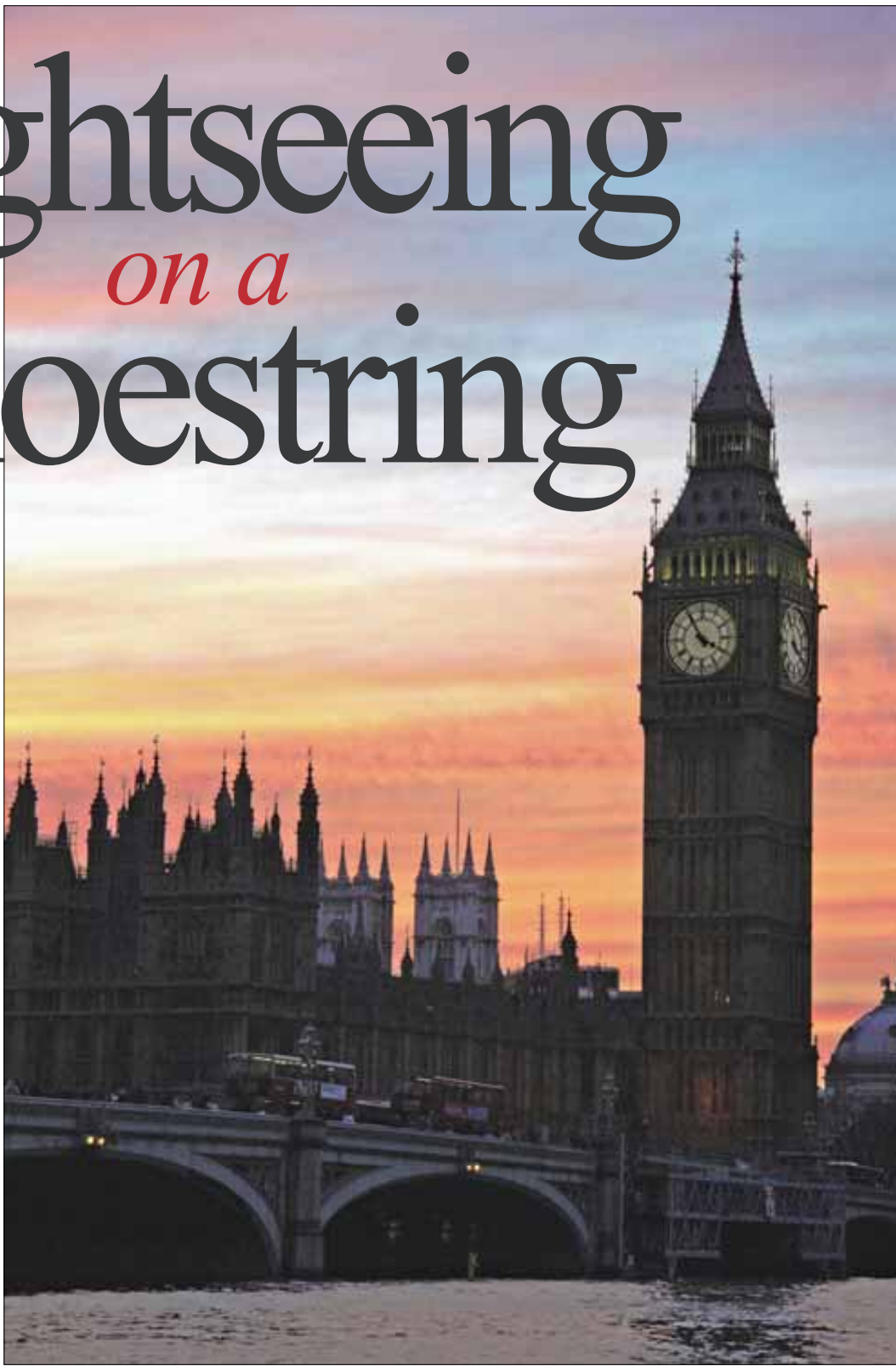
And if you really enjoy walking, taking a leisurely stroll along the deep blue waters of the meandering **Thames** will bring you past many of London's most famous sites.

Situated on the river's south bank is the historic **Globe Theater**, where Shakespeare worked and performed many of his greatest plays. The building, which burned down for the second time in 1644, was faithfully reconstructed in the 1990's. Visitors can again enjoy plays at the historic theater during the summer; in the winter, the theater is used for educational purposes, and tours are available.

Just a short walk to the east is the London Bridge, which inspired the well-known nursery rhyme **London Bridge** is Falling Down. It obviously fell down several times because the current bridge is the fourth to exist at this site. A bridge has existed at or near the present site for nearly 2000 years. Though it's not as architecturally attractive as some of the world's more renowned bridges, the famed structure continues to draw a crowd.

Continue heading east on the river walk and you will come to the **Tower Bridge**, an iconic symbol of London that is often mistaken for the London Bridge. Cross the Thames here for a beautiful view and photo op! Be sure to get a photo of your next stop, the notorious London Tower.

Once the home and execution sight of London's most infamous prisoners, including Sir William Wallace, Sir Walter Raleigh, and Anne Boleyn, the ancient fortress is now a



**An important settlement for around two millennia, London is one of the world's most important business and financial centers. Its influence in politics, culture, education, entertainment, fashion, and the arts make it one of the world's key global cities.**

museum and home to the Crown Jewels of England. The Tower is always bustling with tourists, so if you do plan to take the tour, be sure to arrive early as lines begin to swell in the afternoon.

Another route that will bring you past many equally impressive sites begins at **Buckingham Palace**. This structure is more historically impressive than architecturally. Home to the Royal Family since 1762, it is nonetheless a must-see when in London.

Though you can't stop in for a spot of tea with the queen, during the summer months visitors can pay to take a tour of the State Room, Grand Staircase, and Throne Room, as well as the Picture Gallery, which displays masterpieces by Van Dyck, Rembrandt, and others.

The Palace's most popular attraction, however, is just outside and free of charge—the **Changing of the Guard**.

The schedule for the Changing of the Guard ceremony is variable at best. In theory, the guard is changed at 11:30 daily from some time in April to mid-July, at which time it starts its winter schedule of alternating days. No matter what time of the year, arrive early to secure a clear view (as early as 10:30 a.m.). And be sure to check locally last minute changes due to weather or whim.

Once you have seen this world famous spectacle, head down **Birdcage Walk**, a scenic road along the southern edge of St. James Park toward the River Thames. Before reaching the

river, you will come upon **Westminster Abbey**.

Construction for the abbey was started around 1045 by King Edward. With the exception of Edward V and Edward VIII who were never crowned, the abbey has held every royal coronation since 1066 and is the burial site for hundreds of kings, statesmen, poets, scientists, warriors, and musicians.

You can see inside Westminster Abbey for free. There is not charge for visitors who are there to worship, but they rely on admission fees (a steep 10 pounds) from visitors to cover operational costs.

Whether you're a praying customer or a paying one, Evensong is worth it! Listening to this performance by the abbey's choir in this breathtaking Gothic church is a heavenly experience.

Evensong takes place at 5 p.m. on Mondays, Tuesdays, Thursdays, and Fridays, plus afternoon performances at 3 p.m. on Saturdays and Sundays.

After your tour of the abbey, continue heading toward the river and you will come upon the next stop on this walking tour—the **British Houses of Parliament**. This former royal palace has been a center of authority for over 1,000 years. Home to the royal family until 1512, this massive building is now home to both legislative bodies: the Commons and the Lords.

Parliament is open to all members of the United Kingdom public and overseas visitors. Visitors can watch British lawmakers in white wigs as they make and argue laws. Visitors can also attend debates and committee meetings or tour the buildings. Overseas visitors may only tour the building during its summer opening.

Located on the north end of the Houses of Parliament is the iconic "symbol of London" and world's most famous clock, often referred to as **Big Ben**, but officially named the Great Bell. Tours of Big Ben are currently not open to tourists; however visitors can get a great view of the tower from the next stop on the tour—**British Airway's London Eye**.

Built as a Millennium Landmark, the London Eye rises 443 feet above Jubilee Gardens on the south bank of the Thames. From this height, 15,000 passengers a day, carried in 32 glass observation pods, can view up to 25 miles over the city and beyond. Although a ride on the Eye costs the equivalent of \$30, the panoramic view of London is unrivaled, and you can get a 10 percent discount for purchasing advance tickets online.

London has hundreds of museums and exhibitions large and small, and many of the best ones offer free admission, charging only for entrance to special exhibits. The following are must-see freebies for art lovers.

**The British Museum** is thought to hold one of the world's most extensive collections of art and artifacts, including a vast collection of Eastern antiquities.

To view an extensive collection of Western paintings, head to the **National Gallery**, where all the major schools from the 13th to 20th century are represented.

The **Tate Britain Museum** houses the national collection of British art from the 16th century to present, while the **Tate Modern Museum** is home to an extensive collection of 20th century art and is considered one of the world's most important modern art galleries.

**Other free attractions** in London include the British Museum, the National Gallery, National Portrait Gallery, the Imperial War Museum, Victoria & Albert Museum, Natural History Museum, and Science Museum.

After a long day of exploring, what could be more enjoyable than partaking of the quintessentially **English afternoon tea**? Fancy a cup without the upscale price tag of the Ritz?

Many cafés and smaller hotels offer up an equally satisfying spread, and you don't have to wear your Sunday best to get in the door.

Prefer a pint and pub food to tea and crumpets? Bellying up to the bar in one of London's many pubs is a must for "of age" tourists, even if it's not for a pint of English ale.

Pubs are known for having very reasonable prices and hearty, traditional English food, such as bangers and mash (sausage with mashed potatoes,) toad in the whole (sausage baked in Yorkshire pudding,) and of course, fish and chips.

Not sure where to go? Asking for recommendations from locals will often lead you to good deals and great food!

From afternoon tea to the Changing of the Guard at Buckingham Palace, London abounds with the culture and charm of days gone by. There is so much to see and do in this bustling metropolis and you can experience it all. Yes, even on a budget!



Visitors can find great pubs on nearly every corner in London.



Shakespeare's Globe Theater on London's South Bank.



# Ansbach students walk to Iraq and back

Story and photo by  
**RONALD H. TOLAND JR.**

*Bavarian News*

Walking to Iraq and back is a long way, but about 30 students from the Ansbach Elementary School meet every Thursday to do just that.

“It is participation in the community’s ‘Walk to Iraq and back’ program,” said Jennifer Hansen, third-grade teacher at the school who started the school-level program. “The club started the first of October and it will last until the end of April.

“We meet every Thursday and either walk around the track of the school, or in case of bad weather, we walk to an exercise DVD with each session lasting about 45 minutes.”

Hansen said she started the program not just in the interest of the students’ health.

“I started it to show support first for my husband—who is deployed—the community, and for the students here at our school whose parents are deployed. In addition, it is a great way to get students active and show them how easy it is to work out and get fit,” she added. “It lets them feel they are a part of what is going on with their parents—they know they are almost halfway to seeing their parents again and that by the time we get finished walking, their parents will be home.”

But not all students in her class have deployed parents, she said.

“We have students in the club that have



**Third grade teacher Jennifer Hansen leads Ansbach Elementary School students in an exercise program as part of the community’s Walk to Iraq and Back program.**

parents deployed and even a few whose parents are not deployed,” Hansen said. “This allows the ones without deployed parents to show support for their friends and helps keep their morale up.”

Claire Farrell, a fifth-grade student and

participant in the club whose parents are not deployed, said she participates because she likes walking and wants to be involved.

“I want to have fun after school and I like walking with my mom, too. This is my way of showing my appreciation and support for those

who are less fortunate,” she said.

“I feel the need to show others that we really care that they are fighting for us—this is my way of saying thank you.”

Farrell added that she wants to see how many miles she and her mom can earn for the program.

“We want to have earned enough miles to have succeeded in the program—so we walk more than just after school.”

According to the Army’s Department of Health and Well Being in Landstuhl, the program mileage is set at 4,000 miles (2,000 there and 2,000 back).

To track the distance students walk, they are provided a pedometer and write down how many steps they walk after each session.

“We even have ‘Walk to Iraq and Back’ T-shirts,” Hansen said.

“We turn in our miles bimonthly to Karen Lewis (garrison health promotion and well being coordinator and coordinator of the community level’s program for Ansbach)—who donated the pedometers to the club, and each participant can keep their pedometer at the end of the program.”

On the average, each student logs in about three to four thousand steps in a 45 minute walk, Hansen said, with each one thousand steps equaling one mile. As a group, the class has walked almost 1,000 miles.

When the school year ends, students will continue to log miles throughout the summer and then pick up at school again when the new school year starts in the fall.

## Team effort helps expression of love flower for spouses

by **RONALD H. TOLAND JR.**

*Bavarian News*

Valentine’s Day expressions of love flowered for many Storck Barracks spouses this year thanks to a team effort by Illesheim’s 2nd Battalion, 159th Attack Reconnaissance Battalion Rear Detachment, the unit’s deployed troops, Family Readiness Group leaders, and the German-American liaison.

Members of each area contributed to ensuring deployed Soldiers had the opportunity to surprise their spouses with home-delivered flowers—deliveries not even a war could stop, said Capt. Paul Mitchell, Rear Detachment Commander for the unit.

The idea had its roots from people’s past experiences, Mitchell said.

“A few years ago at Fort Rucker, a couple we were friends with who were stationed in Hanau talked about how the FRG there set up a flower delivery when the 1st Armor Division was deployed,” he said. “They stated it was a huge morale boost for the Soldiers downrange and the spouses in Germany.”

However, Mitchell does not take full credit for the project, adding that his wife, Sara, the FRG special projects chair, brought up the idea.

“She thought it would be great if the FRG created a flower delivery service for our battalion and have rear detachment Soldiers deliver them to the spouses—we’re really big

on FRG,” he said.

Enthusiasm from the top down soon followed. Mitchell said battalion FRG leader Amber Christensen “went absolutely crazy when she heard the idea—‘Let’s go full force behind this,’ she said. She saw this as a perfect opportunity to take care of spouses, help out Soldiers, raise money for the FRG and build community relations.”

But there was one difficult question to address—where to get flowers at a bargain rate in light of the current exchange rates?

This is where the German-American liaison played a critical role.

“Helga Moser, liaison for Illesheim, was brought in to help coordinate and translate our ideas with the local florist,” Mitchell said. “The florist created four sample bouquets for the Soldiers downrange to choose from, took pictures of the arrangements, and together, with the FRG leaders, they settled on four offers—an arrangement of 10 euros, two middle-priced options for 15 euros, and the traditional dozen roses for 30 euros.”

In order to notify the Soldiers and for them to place orders, Mitchell said an e-mail was created to send downrange.

“Soldiers who wanted to place orders were notified via the chain-of-command downrange,” he said. “Our FRG set up a unit PayPal account with the FRG treasurer allowing Soldiers to order and pay for them from downrange—helping the FRG by it earning a portion of the

profits for future events.

“For family members living in the U.S., a separate arrangement was made with a stateside florist since we have several family members who were visiting home at that time,” Mitchell added.

In addition to the orders, Soldiers were given the opportunity to add personalized printed messages that were attached to each floral arrangement.

Once all the logistics and orders were in place, it was time to put the plan into action.

“On Valentine’s Day, we had our rear detachment Soldiers dress in civilian clothes, divided them into delivery teams, and had them personally deliver the flowers to the spouses,” Mitchell said. “The spouses were really happy and were truly surprised—which was extra fun for us because the FRG leader team, along with the rear detachment, never let anyone in on the secret. We have an outstanding FRG group here.

“It was a real morale booster for all of the spouses—no question there—the deployed Soldiers, our senior staff here, FRG staff, and our rear detachment Soldiers.”

The rear detachment Soldiers were eager to take part, Mitchell said, as being left at home while friends, family, and co-workers go off to war has its downside.

“What these Soldiers go through while on rear detachment, it isn’t easy,” he said. “A lot of them, like me, are frustrated that they are not downrange, so it makes them feel they have

more of a mission and purpose while they are here since they are absent from our brothers and sisters who are currently deployed. It helps them see the bigger picture.”

First Sgt. Brenda Thomas, who dealt mostly with the transportation logistics of the plan, said the plan went into action at a critical time in the deployment.

“We were given a mission and we did it—besides it’s Valentine’s Day! If my husband did not send me flowers on Valentine’s Day...,” she exclaimed. “Some of our spouses were anxious and were going through a hard time then, especially around the holidays, so it really made it all the more rewarding. It really helped boost people’s spirits and I think a lot of them breathed a sigh of relief and said, ‘I can relax now.’”

Overall, the unit delivered flowers to 41 spouses and made almost \$400 for the battalion FRG. The money will go back to family members in the form of a brigade social, and for single Soldiers in the form of clean rooms, shower curtains, bedding, and pillows upon their return from the deployment.

“We’re all about taking care of our families and Soldiers—it is very serious business,” Mitchell said. “Without the teamwork of this Battalion, we would never have been able to pull this off. It just shows how living in a small community, such as Illesheim, where we have to rely on one another allows us to work and grow as a team to make events such as these successful.”

## ‘Proud to serve’—married couple re-enlists together in Iraq

by **Sgt. DALE SWEETNAM**

*Task Force 49 Public Affairs Office*

Army life isn’t for everyone, but for a Katterbach couple deployed together in Iraq, it’s the only life that makes sense.

March 5, married Soldiers Staff Sgt. Tyrrell Terrell, 412<sup>th</sup> Aviation Support Battalion, and Sgt. Elicia Terrell, 5<sup>th</sup> Battalion, 158<sup>th</sup> Aviation Regiment, extended their commitment to the Army together at Anaconda.

The Terrells, who are deployed together for the first time, made the decision to re-enlist so they can continue to support their four children and eventually provide support for their parents.

The two originally didn’t plan to re-enlist together. Elicia had decided to separate from the Army to be with the couple’s children, but at the last minute she changed her mind and decided to continue serving her country.

“I decided to re-enlist because both of our parents aren’t getting any younger, and we’ll be better off financially to take care of our kids and help our parents,” she said.

By reenlisting, the Terrells renew their already-quite-apparent commitment to their country. Tyrrell

has deployed three times prior to this tour in Iraq and Elicia has deployed twice.

Despite all the deployments, the couple feels that the Army is the best life for the family.

“After some long thinking, we decided that it would be best for our family for the both of us to continue to serve in the military—to set an example for our children and our family,” Tyrrell said.

The Terrells left their children—three girls and one boy ages 7, 10, 11, and 12—behind with their respective biological mothers in Texas and New York.

Although the family has been broken into three different sections, the couple does all it can to stay close to their children.

“I speak to the kids at least twice a week for about 10 minutes each,” Tyrrell said. “We also send them cards weekly and monthly to let them know that they are always in our prayers and thoughts.”

Elicia says she misses her children, but she knows how lucky she is to share her deployment with her husband.

“It would have been a lot harder being away from the kids and being away from each other,” she said.

The Terrells were originally scheduled to take leave in July, but Elicia said since it was so close to their unit’s redeployment, they decided to pass on the opportunity and just load up on 45 days of leave when they get back to their home station.

When the couple returns to their home station in Germany, they will have not seen their children for 15 months.

They will have missed multiple birthdays, a full year of school and countless holidays, but despite all of these sacrifices, they chose to continue to wear the uniform and continue to defend their country during a time of war.

“I am proud to serve my country. I will continue to serve with pride, and continue to uphold the Army values now and in life after the military,” Tyrrell said.

Both Terrells said they understand the strain deployments put on their family, but they are convinced their children will grow up stronger individuals having dealt with sacrifice and loss early in life.

“We want them to grow and to be strong and independent,” Elicia said. “We want them to realize that everything isn’t always fair—somebody has to do it.”



*Courtesy photo*

**Married Soldiers Staff Sgt. Tyrrell Terrell, 412th Aviation Support Battalion, and Sgt. Elicia Terrell, 5th Battalion, 158th Aviation Regiment, re-enlist together during a ceremony March 5 at LSA Anaconda.**

Tyrrell said he hopes his children learn how important it is to live your life so that others may succeed.

“We want them to always choose the right over the wrong, the good

over the bad,” Tyrrell said. “Sometimes you have to make personal sacrifices for others. The easy way is not always the best way to live your life.”



# ‘Eye Care About You’

## Katterbach optometrist outlines tips for protecting eyes

by Capt. KYLE SMITH  
Optometrist, Katterbach Clinic

I love Starbucks. I’m a cappuccino man, dry, extra foam, and cinnamon on top. I can hang out in Starbucks all evening and it only costs me \$3.50.

The thing I don’t understand is why people bring their computers to Starbucks. Don’t we all spend enough time on computers during the workday? Answering endless e-mails, preparing reports, shopping online (but never at work).

### Computer Vision

Working on a computer all day – and for many, all evening – can lead to all kinds of problems. Recent studies have shown prolonged computer use is associated with headaches, carpal tunnel syndrome, back and neck problems, and even obesity!

As the eye doctor for U.S. Army Garrison Ansbach, I frequently hear about the eye problems computers can cause.

Typical symptoms include eyestrain, feeling tired, headaches, better vision in the morning than the evening, and red, dry bloodshot eyes. Some people even have trouble seeing in the distance to drive home after a long day on the computer.

You may be noticing these symptoms, too. Here are some simple things you can do throughout the day to help reduce these problems.

■ Take frequent breaks through the day – follow the **20/20/20 Rule**. Every 20 minutes look at something at least 20 feet away for at least 20 seconds.

If you are able, stand up and have a stretch

while you are doing this, give your muscles and eyes a brief chance to relax. This will make the next 20 minutes easier for you until its time to stretch again.

Set your watch to remind you until it becomes habit.

■ Keep some **eye drops** by your computer – just simple artificial tear drops from time to time go a long way in making your eyes more comfortable.

■ It sounds silly, but **remember to blink** – we blink less when we are concentrating.

■ Keep your monitor and keyboard in a comfortable position for your back and neck. Keeping **good posture** can reduce headaches considerably.

■ Try to **avoid reflections on your screen** from windows or overhead lights. Some experts even recommend wearing dark clothing to reduce the glare on the screen.

You may need special **computer glasses** to make it easier for your eyes to focus on the computer for long periods of time. Come see me for a prescription.

Computers are with us to stay, for better or worse, and so are the eye problems computers can cause.

These simple recommendations will help you

wherever you work on your computer, even in Starbucks. Just try not to spill your coffee on the keyboard.

### Refractive Surgery

Superman is one lucky guy, especially when it comes to his eyes. His x-ray vision allows him to see through walls (except lead, of course), and he has laser eye beams – now who wouldn’t want that?

Well, for now we all will have to settle for laser refractive eye surgery. The Army has been providing Soldiers with corrective laser eye surgery for almost ten years, and access has been increasing steadily during that time.

Locally, Landstuhl’s Warfighter Refractive Eye Surgery Center recently upgraded their equipment. They now have the latest technology available to provide you the best possible results, and they have expanded the number of surgeries performed by 50 percent - meaning more Soldiers will have access to this life changing procedure.

There are two main types of refractive surgery: PRK and LASIK. They differ mainly in the need for a fine cut in the eye tissue for LASIK.

The two procedures are extremely similar in



## Dietician earns one of first ‘Female Trailblazer’ awards

by JERRY HARBEN  
U.S. Army Medical Command

Col. Vivian T. Hutson has broken new ground several times during her career as an Army dietitian, so it seems fitting that the Department of Defense honored her with one of its first “Female Trailblazer” awards.

She is among 14 military women composing the first group selected for this award, which recognizes women who have distinguished themselves and represent the core values of their services.

“I am very privileged, as an Army officer, to



Hutson

“If I have blazed a trail, it was from day-to-day decisions about what needed to be done, and not because of any grand strategy.”

Col. Vivian T. Hutson  
DCA at Fort Leavenworth, Kansas

be part of an organization that places a high priority on developing its members to take on greater responsibility. The Army has given me some great challenges over the years, and I am glad to have learned something from each of them. If I have blazed a trail, it was from day-to-day decisions about what needed to be done, and not because of any grand strategy,” she said.

Hutson is deputy commander of

administration at Munson Army Health Center at Fort Leavenworth, Kan. She is the first officer of the Army Medical Specialist Corps (dietitians, therapists, and physician assistants) to serve as DCA of an Army medical treatment facility on other than an interim basis.

She also was the first dietitian to serve as a senior health policy analyst in the TRICARE policy division of the Army’s Office of The

Surgeon General. She followed that assignment with a fellowship in the preparedness and response office of the Department of Health and Human Services, the first dietitian in that office.

She has completed an administrative residency with PacifiCare, a major health management organization, and a Training With Industry fellowship with the American Dietetic Association, as well as various assignments in hospital nutrition care departments.

A native of Hong Kong, China, Hutson immigrated to the United States at age 16. She has Master’s degrees in management and human resources development, and in health care administration. She is a Fellow of the American College of Healthcare Executives.

Hutson was unable to attend the March 19 award presentation in Washington, D.C., but will receive the award at Fort Leavenworth.



### HEALTHY EMPOWERMENT

BY DEMETRIUS WILLIS

Dear Demetrius,

I wanted to ask you about the glycemic index. What is this? I heard it was for losing weight and was healthy to follow. I have not met any people who follow it or even know much about it. Can you tell me more about it and how it can be used to help me lose weight?

“Need more know-how”

Gabriel

Hey Gabby,

Many people follow aspects of the glycemic index and don’t even realize they are doing it.

The glycemic index is a rating scale which tells us the complexity of food. It shows the rate at which carbs are absorbed during digestion and the resulting effect on our blood sugar level. It is made of a scale which ranges from one (slowest absorption duration) to 100 (fastest absorption duration).

Examples of low number foods are whole grains, fruits, and vegetables. Higher numbers would include white breads, potatoes, sugars, soda, and other highly processed foods.

You are correct! This type of diet will help you lose weight, reduce certain disease risks, and help regulate your metabolism.

I do not specifically discuss the “glycemic index” with my clients. Instead, we focus on high fiber foods, fruits, vegetables, and less sweets.

However, I am sure you can see there are many similarities between the diets. The bottom line is to eat fresh, if not then frozen, but get those high fiber foods in your system and reap those benefits.

Good luck!

Demetrius

Send your nutrition and fitness questions to [usaggnews@EUR.army.mil](mailto:usaggnews@EUR.army.mil). Demetrius is a registered dietician and a certified personal trainer.

## Keep up with Exceptional Family Member Program requirements

Special to the Bavarian News

Know what you need to know to keep your Exceptional Family Members enrollment up to date!

### Education EFMP Enrollments

If your child is educationally enrolled in the Exceptional Family Member Program, it’s important to know that their paperwork should be updated every three years or when there is a change in their educational plan. The school case study committee chairperson is who you need to speak to regarding the update and or new EFMP enrollment.

### Medical Enrollments

If you have an exceptional family member medically enrolled in EFMP, updates should be done every three years or when there are any changes in medical conditions (better or worse). If the EFMP goes over three years for an update, this can flag the sponsor from re-enlistment, promotion, or PCS’ing.

Be aware; know who to go to when you have questions about EFMP:

- Know who your health clinic EFMP case coordinator is.
- Know when your EFMP needs to be updated and stay ahead.
- Always keep a copy of your EFMP Packet and Personnel Network paperwork (final enrollment/update/dis-enrollment report) with you.
- Make an appointment at your local health

clinic for an updated EFMP screening if there have been changes in your exceptional family member’s health.

### What is the process for EFMP Enrollment?

1. Schedule an appointment at your local health clinic
  2. Follow through with your EFMP appointment with your provider; write down all your medical history and medications and bring any old medical records you may have if applicable.
  3. The Health Clinic EFMP case coordinator will forward your EFMP packet for review to the Bavaria EFMP Provider; final enrollment/updates and dis-enrollments are determined by the Bavaria EFMP provider.
  4. The EFMP packet is then forwarded to the Bavaria EFMP special needs advisor, Trisch McMurray, who then completes the final enrollment in the PERNET, which feeds into HRC.
  5. McMurray will print a final PERNET report for your records, health clinic records, and mail a copy to you.
- Where do I get copies of my EFMP packet?**  
Once your doctor has completed your EFMP screening, ask the health clinic to make a copy for you.
- Where can you get a copy of the PERNET report that shows enrollment/dis-enrollment/update?**  
Contact your health clinic EFMP case coordinator and request a copy or call your local Bavaria EFMP Special needs advisor at DSN 476-3214, CIV 09662-83-3214.



# Learn tips during Sexual Assault Prevention Month

Compiled by JAY VELIS  
ACS Sexual Assault Response Coordinator

I do not want to be a bystander! What can I do?

Learn how to recognize indications of potentially dangerous situations. Here are some examples of “red flag” behaviors related to sexual assault:

- Inappropriate touching or disregarding set boundaries
- Suggestive remarks
- Inappropriate intimacy
- Attempts to isolate someone
- Pressuring someone to drink
- Violent behaviors
- Targeting someone who is visibly impaired

If a situation makes us uncomfortable, we may try to dismiss it as not being a prblem. You may tell yourself that the other person will be fine, that he or she is not as intoxicated as you think, or that the person is able to defend him/herself. This is not a solution! The person may need your help more than you think!

When in doubt, trust your guy. Instincts are there for a reason. When a situation makes us feel uncomfortable, it is a generally a good

indicator that something is not right. It is better to be wrong about the situation than do nothing. Many people feel reluctant to intervene in a situation because they are afraid of making a scene or feel as though a person would ask for help if it were needed.

You have the responsibility to intervene. When you fail to act, you condone the bad behavior. You may be thinking:

- No one else is helping; it must not be a problem
- People who are sober don’t think this is a problem, maybe I’m wrong?
- Jim’s really responsible and he’s not intervening...why should I?

Many people do not intervene in a potentially dangerous situation because they are looking to others for cues on how to act or they believe someone else will intervene. But it is your responsibility to act as a member of the military community. You would not abandon a fellow warfighter on the battlefield. Would you not assist off the battlefield, too?

- You have the skills to act!
- Watch out for other members of the military community
  - Come up with a plan beforehand

■ Talk to your friends about how they would want you to intervene if they are in an uncomfortable situation.

■ Choose the intervention strategy that is best for the situation

■ Take a breath and make your move

■ Get support from someone in charge, when possible

Find out more about what you can do to prevent sexual assault by participating in local SAAM events during the month of April. Your efforts could have a long-term effect on one of your fellow service members.

For your local Sexual Assault Response Coordinator please call:

USAG Ansbach – CIV 0160-661-5638 [24/7 Access](#)

USAG Bamberg – CIV 0162-510-2917 [24/7 Access](#)

USAG Garmisch – DSN 476-3217 or CIV 09662-833217 [24/7 Access](#)

USAG Grafenwoehr – DSN 476-3217 or CIV 09662-833217 [24/7 Access](#)

USAG Hohenfels – CIV 0162-296-1075 [24/7 Access](#)

USAG Schweinfurt – CIV 0162-271-1413 [24/7 Access](#)



Courtesy photo  
Keep sexual assault out of the military.

## Ergin first Turkish soldier to attend WLC



Photo by Mary Markos

Staff Sgt. Erol Ergin, 23, of the Turkish army trains as a student of the Warrior Leaders Course at the Non-Commissioned Officer Academy in Grafenwoehr March 25. He is the first Turkish soldier to attended the course. Forty-five foreign soldiers have attended WLC in fiscal year 2008 as part of European Command Theater Securities Agreement. Soldiers from Montenegro and Moldova will graduate from WLC for the first time May 7.

## Hogg awards local Soldier Purple Heart medal for heroic efforts, life-saving actions in Iraq

JMTC news release

Soldiers from the 7<sup>th</sup> Army Joint Multinational Training Command gathered March 19 to pay honor to a fellow Soldier who received the Purple Heart for his actions while deployed to Iraq.

Staff Sgt. Brian Kirsch received the award for wounds he sustained while on patrol in east Baghdad on Dec. 29, 2006.

Kirsch was a tanker serving with the 1<sup>st</sup> Battalion, 77<sup>th</sup> Armored Regiment. At that time of the incident, members of his unit were acting as infantry attached to the 26th Infantry Regiment and driving HMMWV. Kirsch suffered head injuries when an explosively formed penetrator ripped through the armor of his vehicle directly behind his head.

Though wounded, Kirsch and a medic helped the other two badly wounded passengers. Kirsch assisted in placing a tourniquet on the gunner’s leg, which had been sliced through. It was this fast reaction that made it possible to save the endangered limb.

The other passenger suffered severe lacerations to the throat. According to Kirsch, both men were flown stateside where they are



Brig. Gen. David Hogg awarded Staff Sgt. Brian Kirsch the Purple Heart March 19 for injuries sustained in Baghdad Dec. 29, 2006.

Photo by Pfc. Gerald Wilson

recovering fully.

Kirsch also helped in the recovery of the damaged vehicle.

During the ceremony, Brig. Gen. David R. Hogg, commander of the Joint Multinational Training Command, praised the 26-year-old

native of Elgin, S.C. for his heroic efforts and selfless actions that saved the lives of his fellow Soldiers.

Kirsch returned from Iraq in November and joined Grafenwoehr Range Control Operations in January of this year.



### It's the LAW

## Government can take owed debts from paycheck

Grafenwoehr Law Center

Civilian employees of the federal government should be aware that debts owed to federal agencies are subject to collection through the Treasury Offset Program.

The Debt Collection Improvement Act, 31 United States Code 3716, requires the federal government to withhold or reduce payments to satisfy delinquent non-tax debts owed to the United States. Department of Defense salaries and wages, federal retirement payments, social-security payments, and federal income-tax refunds are all subject to collection through the Treasury Offset Program. The Treasury Offset Program may also be used to collect delinquent debts owed to state agencies, including overdue court-ordered child-support payments.

Any DoD civilian employee who owes a debt to another government agency may be subject to a pay offset. In the past, debts owed by employees to other federal agencies were collected only by direct communication between agencies, a process that was slow and inefficient. The Treasury Offset Program allows central management of federal debts by electronic communication between agencies.

Before a federal agency refers a non-tax debt to the Treasury Offset Program for collection, the creditor agency must provide the employee with a notice of intent to offset and an opportunity to review the basis of the alleged debt. When a non-tax debt is referred to the Treasury Offset Program, the employee must be notified of the coming offset thirty days before it is initiated. The notice must include the amount of the debt, the name of the agency claiming the debt, and a point of contact at the claiming agency.

When collection is initiated through the Treasury Offset Program, the employee must be sent a second notice containing the same information as the warning letter. The offset or levy will be valid even in the event the employee does not actually receive the notice. All enquiries or rebuttals relating to payroll deductions must be addressed to the agency claiming the debt. The Defense Finance and Accounting Service cannot terminate, override, or delay these collections without the authority of the Treasury Offset Program.



# DPW construction means improvement all around

Story and photo by  
**MARK HEETER**  
USAG Schweinfurt PAO

The dust hasn't settled yet. And it probably won't for quite a while.

"Before you get a nice facility or something nice, there's always some construction," said Tim Snyder, director, U.S. Army Garrison Schweinfurt Directorate of Public Works, as he described some of the more than 100 construction projects underway all over Schweinfurt.

Although brigades change names and patches, units remain deployed, and a huge number of Soldiers come and go through military communities, construction around the installations is constant – and for the better, according to Snyder.

"It looks bad, things get torn up before they get better, so bear with the DPW as they go a round and tear things up. It will be nicer when we get done," he said.

On Ledward Barracks, for example, Bldg. 242 has undergone its facelift, but improvements to the interior continue. And a better bus stop is on the way.

"We are improving the PX mall and parking area, which is scheduled for completion this summer," Snyder wrote in a statement.

We are also continuing to improve



**Work continues in the PX parking lot for a bus stop upgrade, one of many projects in the community.**

the facilities for the Soldiers and families within the community. We recently completed the conversion of a warehouse to the new Personnel Transition Assistance Center on Conn Barracks," Snyder wrote.

Yes, the PTAC, a former warehouse that underwent its own massive reconstruction last year, is filled with dust and noise while an elevator is installed this week.

While improvements to the

training areas, family housing, motor pools, and garrison facilities continue, the list of projects is flexible and changes with Army and community needs.

"We have a master plan. In theory, we try to keep five years' worth of projects, try to look out five years and put together a list of projects that the community needs and see how we can improve quality of life, where we can," Snyder wrote.

## Army Emergency Relief helps Army take care of its own

by **MARK HEETER**  
USAG Schweinfurt PAO

The Army Emergency Relief has a 66-year, \$3 million history of helping the Army take care of its own. And Schweinfurt has played a significant role in that history, according to Tony Davis, AER program manager with the Army Community Service.

"We make sure we provide financial assistance in need," Davis said, in the form of interest-free loans, grants or a combination of the two.

AER, a nonprofit organization dedicated to emergency financial assistance for Soldiers and their families, can help with payment of travel, food, rent, utilities, transportation, medical and dental, funeral, and personal needs when applicable. AER also sponsors a scholarship program for military spouses, children, and survivors.

"The approval has to be done through the company commander, and they're turned into Mr. Davis over at ACS," said Mike Sleeper, the manager of the AER fundraising campaign running until May 15.

"It's a program where the Army

takes care of its own through donations, from Soldiers, civilians, all members of the Army team," Sleeper said.

In 2007, the U.S. Army Garrison Schweinfurt disbursed more than \$300,000 in grants and loans, according to Davis. And pulling in more than \$60,000 in donations, Schweinfurt had the second-highest total in the Army, he said.

"It was very beneficial to the Soldiers' family members while they were deployed," Sleeper said, noting that 242 loans and 22 grants were allotted last year.

"The biggest benefit of this program is if people walk out of here with a smile on their face. It benefits the community as well as the command to see that we're making a difference in the community," Davis said.

If Soldiers or families think they might need to seek financial assistance, they should first inform their chain of command and seek their unit representative, according to Sleeper.

For more information, call Davis at DSN 354-7071 or CIV 09721-96-7071 or visit the AER Web site at [www.aerhq.org](http://www.aerhq.org).

# Top IMCOM-E CFC award given to USAG Schweinfurt

by **SANDRA WILSON**  
Bavarian News

After donating more than \$80,000 to various charities, Schweinfurt has been dubbed the winner of the top Combined Federal Campaign Special Merit Award for Installation Management Command-Europe.

With only two top awards given at the European level each year, it means a lot to be displayed on the wall in Schweinfurt's garrison command building.

The award ceremony took place Feb. 22 in Heidelberg with Lt. Col. Anthony Haager, Schweinfurt garrison commander, and John McIntyre, director of human resources present to receive the honors.

The Schweinfurt community received the accolades for attaining the greatest improvement from the 2006 campaign in the areas of average dollar gifts, total contributions and

overall participation.

"We were doing this with an almost totally deployed community," said McIntyre about the high level of donation participation in Schweinfurt. "The teamwork with the units across the board was key."

Throughout the two months of the 2007 campaign, Oct. 1 to Nov. 30, countless hours were spent making phone calls, collecting donations, and following up with each unit.

"It went (well) because of the support of the first sergeants and the civilians. Without their help we couldn't have done anything. We didn't know we were going to have such success.

"I didn't expect it, really, with units being so busy bringing guys back from downrange," said Enilda Flores-Cabrera, administrative assistant for the directorate of human resources.

This was her first year working for

the campaign.

With the odds stacked against generous donations, the Schweinfurt community went from a 2006 donation of \$57,040 to the award-winning total of donations amounting to \$80,303 in 2007.

"You did it in spite of lower numbers of potential givers, continued lengthy deployments, lower cost of living allowance payments in your leave and earnings statement (and) a dollar worth about 66 euro cents," said the award ceremony host and USAREUR chief of staff, Brig. Gen. Rusty Frutiger in an IMCOM-E press release.

A total of 279 organizations in Europe were cited for their CFC participation, which resulted in \$2.3 million in donations, according to the press release.

"Soldiers and civilians have a good heart to be able to contribute like that," said Flores-Cabrera.



**Brig. Gen. Russell Frutiger, USAREUR chief of staff, left, presents Lt. Col. Anthony Haager, USAG Schweinfurt commander, with the Special Merit Award during an awards ceremony Feb. 22 in Heidelberg. Fred Lang, chief of human resources for IMCOM-Europe, second from right, and John McIntyre, director of human resources for USAG Schweinfurt, right, are also pictured.**

## Garrison reminds bikers to obey traffic laws, take care of general upkeep

by **MARK HEETER**  
USAG Schweinfurt PAO

Despite the late-March snow in Schweinfurt, spring is here. And for many people, that means take out the bicycle, dust it off, and hit the road.

But before saddling up, remember a few rules and safety tips, said Eddi Sauer, U.S. Army Garrison Schweinfurt safety officer.

"On the streets, the same rules apply as those for autos. You have to drive on the right side. You can never go against the traffic," Sauer said, emphasizing that riders must use the bicycle path on the correct side of the street.

"You have exactly as much right-of-way as any car. If you come to an intersection and have a red light, you have to stop," Sauer said.

Before getting to that bike path or stop light, though, cyclists should perform general maintenance and safety checks on their bicycles, Sauer

said.

This begins with maintenance and proper greasing of the chain, which cuts down on resistance and makes it easier to pedal, Sauer said.

"And if they can't check out their bike, they can take it to a bike shop. There are many bike shops in Schweinfurt and the bike will be well checked over," he said.

German traffic laws – this applies to bicycles – dictate that riders must have front and rear lights, front and rear reflectors, and reflectors on the pedals and spokes, Sauer said.

"Have bright clothing if you are riding your bike at night," he said.

Finally, and most importantly, Sauer recommends investing in a good helmet, which the Department of Defense requires as an accessory.

"You don't even notice it's on. It's important if you fall on your head, that it fits well and doesn't slide on your head," he said.

## New unit, new crest: 1-77 gets falcon symbol



Photo by Sandra Wilson

**Pfc. Robert Ward, 1st Battalion, 77th Field Artillery, sketches out the unit's new falcon crest on a wall at the unit headquarters on Ledward Barracks. 1-77 FA is part of 172nd Infantry Brigade (Separate), activated March 17. Once the sketch is completed, Ward will paint over it with acrylic colors, which he anticipates finishing in a couple of weeks.**



# CAV mechanics battle elements to keep vehicles working

by Staff Sgt. BRANDON AIRD  
173<sup>rd</sup> ABCT Public Affairs

Mechanics from Bravo Troop, 1<sup>st</sup> Squadron, 91<sup>st</sup> Cavalry Regiment (Airborne), complete numerous odd jobs beside their average nuts and bolts mechanic work in Nuristan Province, Afghanistan.

The mechanics are stationed at Forward Operating Base Keating located in a valley between a junction of two snow-melt fed rivers in the Hindu Kush Mountain Range. Vehicle rollovers, flash floods, road wash outs, rock, and snow avalanches are just a few of the hazards that make maintaining vehicles a challenge.

During the winter months, both Taliban extremist and Coalition forces are forced to stay near their homes and bases, or face battling the elements.

“One of the things about the snow, when it fell, it made things very difficult around here,” said Spc. Larry Gonzales, a 33-year-old construction and vehicle repair mechanic from East Los Angeles, Calif.

During winter, more than four feet of snow fell in the valley. Combat Outpost Warheit, which over looks FOB Keating, had over eight feet of snow. The snow made movement extremely difficult.

“Mobile-wise, air-wise, water-wise—everything was freezing up,” explained Gonzales. “The fuel even

started to gel.”

When the snow receded, Soldiers on FOB Keating were able to start on projects, which previously were hindered by the snow.

Gonzales and Spc. Nathan Bolt-Ray, a mechanic in Bravo Troop, worked on a HUMVEE that was damaged during a previous fire fight Feb. 22.

“We’re replacing the radiator in the HUMVEE,” said Bolt-Ray, who’s originally from California. “The radiator took shrapnel from a RPG (rocket propelled grenade) during a fire fight.”

Bravo Troop, according to Bolt-Ray, has only taken the Troop’s HUMVEEs out a handful of times. Most of Bravo Troop’s patrols are by foot.

“As you can see by the bullet holes in a lot of these vehicles’ trunks, they’ve taken quite the beating,” explained Bolt-Ray. “The roads ... I guess you can call them that—also take their turn beating on the vehicles.”

The two mechanics worked through the day and by night fall were able to fix the radiator. Without any more vehicles to fix, the two mechanics went back to their odd jobs around the forward operating base.

A few days later, the fork lift broke down on the landing zone during an air resupply mission. The two mechanics from California grabbed their tools and went back to work.



Paratroopers from Bravo Troop, 1<sup>st</sup> Squadron, 91<sup>st</sup> Cavalry Regiment (Airborne), recover a vehicle out of a river during the summer near Forward Operating Base Keating in Nuristan Province, Afghanistan 2007. The road gave way during a patrol causing the vehicle to roll over.

# Daggers to talons: 172<sup>nd</sup> Infantry Brigade stands up in Schweinfurt

Story and photo by  
KIMBERLY GEARHART  
Bavarian News

The 2<sup>nd</sup> “Dagger” Brigade Combat Team of the 1<sup>st</sup> Infantry Division, has sheathed its daggers, and is pulling out talons instead. During an activation ceremony March 17 in Schweinfurt, the brigade officially became the 172<sup>nd</sup> Infantry Brigade (Separate), the “Blackhawks.”

The change was visible throughout the Schweinfurt community, as not only the brigade, but individual battalions, took on new names, replacing signs and symbols throughout the garrison.

The change itself could be seen and heard in Finney Fitness Center, where the official casing of the colors of the Dagger Brigade—and the uncasing of the Blackhawk colors—was followed by the distinct sound of change in the new Army: the sound of hundreds of Velcro patches being changed.

The removal of “The Big Red One” patch was emotional for many, given the history of the 1<sup>st</sup> Infantry Division and the individual significance it holds for the Soldiers who have fought under its colors.

Col. Jeffrey Sinclair, now Blackhawk commander, acknowledged the “tremendous legacy” of the Dagger Brigade and the 1<sup>st</sup> Infantry Division, which will now pass “out of the European theater and back to Fort Riley, Kan.”

“The 2<sup>nd</sup> Brigade colors represent blood, sweat, the loss of friends, and also an emotional center of gravity for those who have served under them,” he went on to say.

For a brigade so hard-hit in its most recent deployment, that blood, sweat, and loss forged a bond between them, one that will continue under the new colors of the 172<sup>nd</sup> Infantry Brigade. The 172<sup>nd</sup> Infantry Brigade itself has a history of recent, protracted service in Iraq, connecting the two brigades in spirit as well as in body.

The 172<sup>nd</sup> Infantry Brigade shoulder sleeve insignia currently represents the brigade’s most recent status as an Alaskan unit, showing mountains and the Big Dipper. The



Brigade Commander Col. Jeffrey Sinclair exchanges his Big Red One patch for the shoulder sleeve insignia of the 172<sup>nd</sup> Infantry Brigade as Soldiers change the ceremonial banners behind him.

new Blackhawks are working on redesigning the patch to reflect its current place in the European command.

Regardless of its colors, insignia, or name, brigade Soldiers in Schweinfurt are a “band of brothers,”

said Sinclair, quoting Shakespeare’s *Henry V*.

“For he today that sheds his blood with me, shall be my brother.” And the blood and sweat of Soldiers will always transcend the colors under which they march.

# Infantrymen demonstrate warrior skills for Expert Infantry Badge

Story and photo by KIMBERLY GEARHART  
Bavarian News

The Expert Infantry Badge has been awarded to infantrymen and Special Forces Soldiers for nearly 65 years. In Schweinfurt, 425 officers and enlisted men tested their mettle in the EIB course the last week of March on Conn Barracks—135 were successful.

“The EIB is a rite of passage for the infantry Soldier,” said Sgt. 1<sup>st</sup> Class Alfred D’Adda, the event’s non-commissioned officer in charge. The EIB has identified the most highly-skilled infantryman in the Army since 1943.

But times have changed. Due to the high deployment rates and lack of downtime for testing, more Soldiers have the Combat Infantry Badge rather than their EIB.

“The EIB is a mark of excellence,” said Maj. John Cross executive officer for 1<sup>st</sup> Battalion, 2<sup>nd</sup> Infantry. Soldiers who have been to war get a chance to polish their skills, and those who have not get a chance to prove they have what it takes when the time comes to go, Cross added.

Although a long-standing award, the EIB course is flexible, and the course Schweinfurt Soldiers face is more modern, urbanized, and applicable to the current atmosphere of war.

In other words, this isn’t your grandfather’s EIB.

“We’re trying to focus on the war we’re in now, the war on terror,” D’Adda said.

To that end, changes were made, with approval from infantry headquarters in Fort

Benning, to swap out certain parts of the EIB course. For example, rather than low crawls and dashes, Soldiers moving under fire must clear barriers and maneuver through a simulated urban environment.

EIB candidates must also search an enemy prisoner of war. This testing module replaced a self-camouflage lane.

“It’s been quite an experience. Some of the changes they’ve made make it more realistic,” said 1<sup>st</sup> Lt. Jason Davis after searching an EPW and discovering a concealed weapon. “You can do this training and then apply it directly.”

Candidates for the EIB must complete a 12-mile tactical road march in under three hours, qualify on their weapons, pass day and night land navigation tests, and score a 75 percent or better on the Army Physical Fitness Test in order to qualify for the EIB. To pass, candidates must successfully negotiate 33 testing stations. Failing any station on a second attempt, or any three stations on a first try eliminates the candidate.

Test stations are manned by Soldiers from all over the garrison, including non-infantry units. Trainers and candidates alike put in long hours and late nights training.

“We’re here for them,” said Staff Sgt. Anthony Flores, of 1<sup>st</sup> Battalion, 77<sup>th</sup> Field Artillery, who was the station NCOIC for the call-for-fire station, a problem station during much of the EIB training.

“They’re thinking too hard and getting nervous about it. It just takes some time and



focus,” said station grader Sgt. Marc Dubois.

“I’m starting to get it. It’s just the small things that are hard, but we’re going to work on this together, and we’re going to get it,” said Cpl. George Jones of 1-2 IN who was leading a squad through Flores’ station.

That teamwork and instructor support is what makes the EIB such a valuable tool for training,

rather than just being a point of pride for the infantrymen who wear it.

“There is no other time that a Soldier will be exposed to such a variety of weapons systems and situations where they will have qualified trainers on hand to assist them in learning,” said Sgt. Charles Quigley, a station grader from 1-2 IN.

EIB candidates must demonstrate excellence in a number of tasks. Candidate Cpl. George Jones of 1<sup>st</sup> Battalion, 2<sup>nd</sup> Infantry studies a map at the call-for-fire map reading station.



# Local spouse authors self-help book

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The Fisher House organization provides a home-away-from-home for families of seriously ill or wounded patients at military health facilities throughout the world.

Written as a military fundraiser, Gaskins said she plans to donate 10 percent of the royalties from each book in the series to the military-related organizations. She has also donated the first book to U.S. Army Europe libraries.

“Everything that I do I will be giving back to military outlets,” she said. “My heart is with the military spouse.”

Married to the military for more than two decades, Gaskins used her personal experiences and hardships to illustrate the possibilities open to military spouses.

“You follow your husband around and one day you wake up and think, what about me, what happened to all those dreams I had,” she said.

“Live Like You Are Dying” can be used as a stepping stone to starting

over and achieving your goals, said Gaskins, calling the book a “jump-start to get dreams back on track.” And although the book is a major step in Gaskins’ plan to help readers transform their lives, it’s not the only one.

“It is my dream to have a movement where military spouses come together, a sisterhood,” she said.

Using the book as a guide, she envisions teams of spouses and community members competing in a “Challenge 2 Succeed,” program, based on each participant’s personal goals.

The program will allow participants to set goals and receive feedback and support from readers around the world. Participants will receive motivation and guidance from other readers who have had similar experiences.

The competitive arena, according to Gaskins, will serve as additional motivation to achieving a well-balanced life.

“You have to set goals in seven different categories to have a well-

balanced life, and that’s what I am promoting,” Gaskins explained.

She stressed that everything in life is a choice, and “you choose to be a part of the problem, or part of the solution. If you don’t like where you are today, quit doing what you did yesterday and the day before.”

Considering the number of Soldiers deployed from the Grafenwoehr and Vilseck communities, “there is no better time to work on yourself and your family, to get a new focus on your life,” she said.

Gaskins will speak at the U.S. Army Installation Management Command, Family Readiness Group Conference in Bad Lauterberg next week, and the Army Women’s Activities, Germany Grand Conference April 27-May 1 in Garmisch.

She will return to Grafenwoehr May 9 for a seminar and book signing event at the Grafenwoehr Library and to serve as the guest speaker May 16 for the annual community volunteer ceremony.

Gaskins will also make book tour stops May 7 in Bamberg and May 8 in Schweinfurt. Her book is available through the Grafenwoehr Community Spouses Club, select AAFES locations, and online at major book stores sites.

For Gaskins’ tour schedule and more information on the Challenge 2 Succeed competition, visit [www.nancygaskins.com](http://www.nancygaskins.com).



Photo by Mary Markos  
Nancy Gaskins will make book tour stops in Bamberg, Grafenwoehr, and Schweinfurt during May.

# Transitioning from war easier, thanks to Battlemind Training

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challenges for both Soldiers and family members.

The traits, which became the Battlemind acronym, are discussed in depth during the training to help foster understanding and communication.

“The purpose of Battlemind is to educate both the Soldiers and the spouses about how their differing experiences during a deployment can be integrated with a smoother transition just by being aware,” explained Mobilizations and Deployment Specialist Nicole Heller.

“It is designed to give them a better understanding of how a deployment can affect both the spouse and the Soldiers and how we can make the reintegration process a more positive one,” said Heller. “It really can help both Soldiers and spouses understand each other’s point of view and some of what they go through during the deployment.”

The two-hour “Soldier” class is designed to help the spouse better understand what her loved

one may be feeling as they return home and during the six to nine months following redeployment.

Topics discussed include erratic behavior, a Soldier’s desire to spend time away from home, and the guilt a Soldier may feel, as well as aggression and control.

A different “spouse” version of the training is offered to help service members better understand how their absence affected the family and what emotions their loved ones may feel as they become reacquainted.

“We feel it’s important for family members and Soldiers to attend both versions of the training,” Heller said. “While it’s important to understand the ‘why’ behind your own experience and how it relates to deployments, it’s just as important to get a glimpse into the other side’s experience so you can also understand the possible reactions and behavior you might encounter within your family.”

Melissa White, whose husband came home

after being injured in Iraq in October, said the class helped her understand the “why” behind her husband’s behavior.

“When they come back, you say this isn’t the husband or the Soldier that left, he is not the same one now,” said White. “With this class, you understand why he’s not the same. You understand how you can actually make things better.”

White said though, making thing better does not have to wait until the Soldier returns from the battlefield.

“You don’t know when your Soldier is coming back,” she said. “If I would have known all this prior to him coming back, our communication would be better and our marriage and friendship would be stronger. I would have known how to work with him and I would have known what he was going through. I could have been more understanding and compassionate.”

For Suzanne Clark, the class is the missing link to understanding her husband, a member of

the Warrior Transition Unit.

“The class is like another piece of the puzzle,” said Clark. “I can put myself in his frame of mind now.”

The Vilseck ACS offers Battlemind Training once a month.

“We are available to do Battlemind Training for units individually, however, at any time between now and (a unit’s) expected return this fall,” Heller explained.

For more information on the training, contact your local ACS or call DSN 476-2650, CIV 09662 83 2650.

The Spouse Battlemind Training is available online at [www.myarmylifetoo.com](http://www.myarmylifetoo.com), but Heller said there are benefits of taking it in a classroom setting.

“Students relate to and share experiences with each other with such emotion that it’s very hard not to come away from each class with a new understanding,” she said.

Visit [www.battlemind.org](http://www.battlemind.org) for information.

# Volunteers still needed for spring CYS sports

Continued From Page 1

coach, we always need assistance. This provides the assistant coach some on-the-job training, and gives the team an assurance that if the head coach is not available for one reason or another, another adult can step in and keep the kids playing.”

Fraizer admits that when the season first begins, his staff may be stretched thin and teams will need to remain flexible with practice schedules because until background checks for coaches are complete, a CYS staff member must be present.

“Background checks are required for all adult volunteers in the CYS program and usually take one or two weeks to complete,” Fraizer said.

Fraizer also emphasized that some levels of youth sports, such as Bambino and Pee Wee require that the parent/guardian in addition to the coach be present for all practices and games because children are so young

they need supervision at all times.

“Sports not only provide a social learning experience, but they also allow time for parents and children to strengthen the bonds of family,” he noted.

The CYS staff is working to get as many kids in the community involved in the sports program as possible.

“Our success is married directly to the volunteer support each season. I will do what I can to provide enough sports fields to support our programs, including coordinating with the Department of Public Works to try to expand the number of existing sports fields and continuing the great cooperation between my office, adult sports and the schools,” said Fraizer.

He is asking for help from the community to volunteer as coaches and become a positive influence in the lives of Grafenwoehr youth.

For more information or to volunteer as a coach, call Fraizer at CIV 09662-83-4037 or Wendy Thompson at CIV 0162-29-60682.



Photo by Mary Markos  
Music in Our Schools  
Members of the U.S. Air Force Europe Check Six jazz band performed March 25 at Vilseck Elementary School in celebration of Music in Our Schools Month. The 14 piece band, stationed at Sembach Air Base, held six performances for school children throughout Germany during their MIOS tour.



# Falcons prep for tough competition

Story and photos by  
**MARY MARKOS**  
*Bavarian News*

A teamwork drill left the Lady Falcons soccer team exhausted and muddy as they walked off the field last week. The drill pitted girls against one another fighting for the ball.

To spectators, it looked more like a wrestling match than the typical soccer practice.

It was, however, a typical practice for a team that typically focuses on working as one.

"I emphasize and make certain that they understand the team concept," said Rob Loe, the team's head coach. "I start it from day one and strengthen and emphasize it every day.

"There is not one person that is going to win us a championship. It has to be all of us put together."

The Division II championship team prepares to defend their title against strong competition this season after a first-game, 3-1, loss to Mannheim.

The game, held March 29 in Mannheim, was viewed by Loe as a much-needed tension breaker and gave them a chance to see where they can improve.

"It was a rough physical contest," he said.

"It was a good first game to get our nerves out of our systems. We know where we stand and what we need to work on. We had some good give-and-goes, and there was a lot of effort and a lot of hard work, but we need to work on control of the ball and possession," Loe said.

Senior Chi-Kobi Murry, co-captain of the 26-member team, found the game to be a learning experience as

well.

"The game was a little rough. We were missing four players, so it did not go as we planned. We learned a lot about how to improve ourselves for the next game," Murry said.

Having only ten veteran players, co-captain Tamaría Hollis, a junior, already sees improvement.

"This is a brand new team really," she said.

"We're really getting used to each other. We're working on working together as a team and not as a single person on the team. We have improved a lot since try-outs," Hollis said.

Improvement will come, according to Loe, who has coached soccer for more than six years, not with individual players, but with the unity of the girls.

"Every team has a few people that you look for to really make things happen. I'm hesitant to point them out because there are 26 girls out there for the same cause," he said.

To ensure unity in the team, assistant coach Abbey van der Meij said a ritual of conversation follows every practice.

"We go from coach to coach and give our view on how we felt practice went. Then the players, starting with the captains... talk to each other about what is going on. They can get feedback from

other players that might have more experience," van der Meij said.

The conversation, according to Loe, allows the team to focus on their skills and the upcoming games.

"If you have problems, tell one of the captains or myself... say what your problem is so we can get it out of our system and get back to the task



Senior Chi-Kobi Murry, team co-captain, prepares to kick as the Lady Falcons soccer team focused on ball control during a March 31 practice.

at hand," he said.

The task is more than defending a title, but building for the future.

"I focus on helping the girls improve and get better as a team so that, if this is a building year, next year they can focus more on the championship," van der Meij stated.

Murry, who was unable to attend the championship game last year and

will graduate in June, focuses on teambuilding, but feels the pressure associated with defending a title.

"The pressure is on... but we're ready. The team's ready," she said.

Hollis agreed.

"We have too much heart not to take it again," she said.

The Lady Falcons will travel to Hohenfels April 19 and then to battle

Patch High School April 26.

"Patch has always had very strong teams," Loe said. "They are always someone to be reckoned with."

The remainder of the season includes a home game against Ansbach May 3 and a game in Bamberg May 10. The final regular season match will take place in Vilseck May 17 against Patch.

# Martial Arts



Courtesy photo

## Tang soo do demonstration set April 26 at Vilseck Elementary

Master Brian Olden, instructor, oversees a sparring match between two of his students, Elizabeth Davis (left) and Joshua Neely.

Master Olden's tang soo do class will host a demonstration April 26 featuring the German Black Belt Demonstration team. The demonstration will also showcase traditional Korean swordsmanship by Master Yoo Joo Bae.

The event will be held in the Vilseck Elementary School multi-purpose room at 1p.m. Entry is free and information on classes will be available.

## Stuttgart martial arts tourney stepping stone to world champs

IMCOM-E news release

Competitors of all ages are invited to an open martial arts tournament at U.S. Army Garrison Stuttgart's Patch Fitness Center May 17-18.

This tournament will qualify participants for the World Organization of Martial Arts Athletes World Championship tournament scheduled to be held at Castlebar, Ireland, August 16-17.

This is an open qualifier for all styles, all systems, all ages and all belt ranks. Athletes can be as young as 5.

The top four U.S. athletes in each division will qualify to represent Team USA at the annual WOMMA tournament.

Divisions include grappling, breaking, continuous sparring, point sparring, realistic self-defense, weapons forms, musical weapons forms, traditional weapons forms, traditional forms, creative forms and musical creative forms.

"Last year 13 athletes from USAG Stuttgart attended the 2007 WOMMA world championships and brought back nine gold, 15 silver, and two bronze medals," said Stefan McRae, tournament organizer and Stuttgart SKIES taekwondo instructor. "Only one of the 13 had ever been to a tournament before."

This is an opportunity for martial artists to compete on a world-class level that would not normally be provided to them, McRae noted.

"I'd like to see all martial artists with the skill set represent the U.S.," McRae said. "What better reward can you have?"

Registration forms can be downloaded from [www.bluewaveinternational-tkd.com/BWIT/Tourny.php](http://www.bluewaveinternational-tkd.com/BWIT/Tourny.php).

The entry fee is \$20 for three events. Each

competitor will receive a complimentary tournament T-shirt. Checks or money orders should be made payable to Child and Youth Services and mailed to: USAG Stuttgart, CYS, Unit 30401, APO, AE 09107.

Competitors must complete registration forms by April 21. Payment must be received by CYS no later than April 28, 2008.

For more information, contact Jeff Carpenter, the USAG Stuttgart CYS SKIES director, at [jeff.carpenter@eur.army.mil](mailto:jeff.carpenter@eur.army.mil) or visit [www.bluewaveinternational-tkd.com](http://www.bluewaveinternational-tkd.com).

More information on the WOMAA World Championship Tournament can be found at [www.womaa.com](http://www.womaa.com).



Photo by Susan Huseman

Martial artists of all ages are invited to an open martial arts tournament at U.S. Army Garrison Stuttgart's Patch Fitness Center May 17-18.